

# News & Notes

#1058, 19 December 2024

A weekly bulletin for residents of Auroville



*La Orana Maria (We greet You, Maria), Paul Gauguin*

Even as men come to Me, so I accept them. It is my path that men follow from all sides. . . . Whatever form the worshipper chooses to worship with faith, I set in him firm faith in it, and with that faith he puts his yearning into his adoration and gets his desire dispensed by me. But limited is that fruit. Those whose sacrifice is to the gods, to elemental spirits, reach the gods, reach the elemental spirits, but those whose sacrifice is to Me, to Me they come. **Gita**

None knows the birth of these; they know each other's way of begetting: but the Wise perceives these hidden mysteries, even that which the great Goddess, the many-hued Mother, bears as her teat of knowledge. **Rig Veda**

## Pondering



There is, then, evidently a spiritual consciousness which is other than the mental, and it testifies to the existence of a spiritual being in us which is other than our surface mental personality. But at first this consciousness may confine itself to a status of being separate from the action of our ignorant surface nature, observing it, limiting itself to knowledge, to a seeing of things with a spiritual sense and vision of existence.

It has a difficult task in pulling itself out of the involution, out of the hold of the obscurity of the original medium, against the pull and strains, the instinctive opposition and obstruction of the Inconscience and the hampering mixture and blind obstinate retardations of the Ignorance.

But, apart from that, even the domain of pure spiritual self-realisation and self-expression need not be a single white monotone, there can be a great diversity in the fundamental unity; the supreme Self is one, but the souls of the Self are many and, as is the soul's formation of nature, so will be its spiritual self-expression.

*The Evolution of the Spiritual Man,  
The Life Divine, Sri Aurobindo*

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*Merry Christmas!*

*N&N Guidelines*

## **HARD DEADLINE FOR SUBMISSIONS**

**TUESDAY 3pm**

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



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

**Roy & Agnijata, News & Notes,  
Media Centre, Town Hall,  
[NewsAndNotes@auroville.org.in](mailto:NewsAndNotes@auroville.org.in)**



# House of Mother's Agenda

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But now, it's the body that has the Experience. In a certain state, the state which corresponds to That, the essential state, everything is harmonious, with a living, smiling, happy peace; then as soon as there is ... a nothing, you know, a mere trifle, simply the coming into the atmosphere of something conflicting—a mere nothing—it's felt like something extremely acute and painful. But not in the way of the pain of Ignorance, it's more like ... you could call it an uneasiness, but it's not even that.... Everyone has explained it in his own way: some have called it "falling from the Truth into Falsehood," others "falling from the Light into Darkness," others "falling from Ananda into suffering," yet others ... Everyone has given his explanation, but it's something else.... As for me, I have no words for it, but the body feels it, feels it very acutely, and it sees that at the end of it, the consequence of it, is disintegration. And its whole effort is to strive to reestablish that inner harmony, that harmonic state in which everything becomes harmonious, everything—and in their appearance things haven't changed! Yet in one way they are marvellous, and in the other detestable.

The opposition between the two things is becoming more pronounced every minute: one moment everything is divine, the next moment everything is detestable—yet it's the same thing.

Since the 15 August, since that experience at the balcony,<sup>1</sup> it has become very clear.

But then, it has nothing to do with thought, or even with sensation: it's purely material (*Mother touches the skin of her hands*), and it's the difference between a progressive and unbroken harmony that has no reason to stop, which becomes more and more conscious, more and more harmonious, and also more and more ... we say blissful, happy and all that—but it's not that! It's "something" ... something SO NATURAL, so natural and... with the rhythm of eternity. So it is THAT, and then suddenly (*gesture of reversal*) you fall back into ... exactly the SAME THING, everything is the same, yet everything is the opposite!

To such an extent that you have a perception, a material perception, inexpressible because it's hardly mentalized, of a perfect Harmony which can, in the consciousness, turn into a serious illness! Things of that sort.

There is the vision, an extremely complex and at the same time complete vision, that those, for instance, who have tried to explain the power of imagination, of thought or will or faith (all those things: the direct action on matter), the vision that each of those things has caught hold of one little aspect of the Thing, but in the Thing, there are no divisions; it's something which, when you perceive or conceive it, is



divided into scores of little things, but it's essentially ... (how should I put it?) a way of being, a state of consciousness—it's a WAY OF BEING, not even a "state of consciousness" because that implies "being conscious OF something" and it's not that: it's a way of being. And that way of being is what, in the human consciousness, expresses itself as "Ah, the Divine!"—by opposition, you understand. It's a PERFECTLY NATURAL and spontaneous way of being—but how, how does That become this? How does That become distorted?... You constantly, constantly (*gesture as of tiny reversals*) switch from one to the other, back and forth, over and over again, as if to learn—to learn how That becomes this (the mechanism of the passage). To us it looks like (to us, to all this poor consciousness that has gone through innumerable woeful experiences), it looks like a "relapse" into the old state; therefore it's not that. But what's the mechanism?...

In the end, we would have the solution only if we found the how and the why.

Constantly, constantly ... (*same gesture of tiny reversals*).

All the explanations people give are nothing but explanations. They are not THAT.

Knowing the why or the how probably implies the power to change everything....

In that case, it will come one day.

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1. The "golden peace."

*Mother's Agenda,  
September 20, 1967*

[https://incarnateword.in/  
agenda/8/september-20-1967](https://incarnateword.in/agenda/8/september-20-1967)

*With love and gratitude,  
Gangalakshmi (HOMA)*





# Townhall Speaks

## ATDC: APPLICATION ANNOUNCEMENT 12-12-2024



Auroville  
Town  
Development  
Council

*L'avenir d'Auroville*

### Erratum

In last week's News and Notes, regarding the Building Application announcement of the Project Morning Star Women Wellness Center, please note that the Center will not provide ultrasound service or equipment.

*Joel, Resource Person*

### LIST OF HOLIDAYS

#### for the Calendar Year 2025

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

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

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

*Sandjivy on behalf of SEWA*

### AVES SUCCESSFULLY RESTORES POWER SUPPLY

Dear Community, AVES is glad to report that we were able to restore the power supply to all (!) consumers of the Auroville Grid within 8 days after the cyclone. This in face of extremely adverse conditions, such as having to use boats to reach the power lines of TNEB's main line.

Following that, we continued with restoring working conditions in the areas in which consumers are directly connected to TNEB. Those too were up and running within another week.

What remains are two locations which are simply extremely hard to reach. One, near Nilatangam, because it's on private land and **only TNEB** has the right to enter it. The other one being in Gratitude, where new electric poles need to be erected manually (!). No crane, JCB or even tractor has physical access to it.





It bears mentioning, though, that by far not all is over for the Electrical Service. There are several places, and even our main supply cable to the Industrial Zone and Town Hall area, that are still in a state of 'temporary repair', which will first require the allocation of substantial funds before we can do a pucca repair.

Our special thanks go out to all those who extended their help in this trying endeavor. Among countless others, we want to mention here:

Eric and his son in Dana, Junge in Gaia's Garden, the Auromodel Community, Senthil in Petite Ferme, Logu in La Ferme, Raju of AV Printers, Rajesh in Vikas, Sukrit who provided the boat, Windarra Farm team and Anbu, AuroOrchard team, and not to forget the entire Road- and Water Service teams.

Especially, though, we are grateful to the Pondicherry Electrical Department, which took full responsibility for ALL damages in their area, without relying on us at all.

Every single man in the Electrical Team, with Ponnusamy at the helm, went all out, above and beyond the call of duty, to wrestle with the overwhelming damage.

*Auroville Electrical Service,  
[aves@auroville.org.in](mailto:aves@auroville.org.in)*

*Submitted by Roy*

### **FAMC SUB-DEPARTMENT: Human Resources Service**

*"No big creation is possible without discipline—individual discipline, group discipline, discipline towards the Divine."*

*The Mother, 16 September 1968*

Dear Residents, the FAMC has set up a sub-department **Human Resources Service** under itself to deal with all matters related to the Residents of Auroville. The team is composed of Antim, Joel, Muriel, Raja, Sindhuja and Suresh.

In particular, but not limited to, the Human Resources Service (HRS) will:

1. Ensure that Residents live full time in Auroville, receive information about departure and arrival for Residents who go out of Auroville for two weeks or less, receive application for leaving Auroville and approve the same for Residents who wish to be out of Auroville for more than two weeks.

2. Ensure that Residents work full time in Auroville, invite Residents who are involved in business activities outside for an interaction on the same, to ensure that such Residents are given the appropriate choices of status with which they may relate to Auroville if they wish to retain their private activities.

3. Receive and process applications for those Residents wishing to host a house guest in an Auroville asset for longer than seven days.

4. Receive and process applications for Residents wishing to host a *Permanent Guest* in their allocated residence i.e a spouse, or aged/infirm parents/ close family members.

5. Design and organise the Spiritual and Material Refresher program for all Residents in such periodicity as may be determined by the Governing Board.

For all the above, the HRS may call you to an interactive meeting, or visit your residence or workplace. All Residents are requested to extend their full cooperation and approach this effort in the spirit of transparency and as a joint effort towards the betterment of Auroville.

Apart from the points listed above, the Human Resources Service will put together a database of available work opportunities for Residents to serve in. Once such a database is ready, it will be uploaded on the Auroville website.

*Chandresh, Geeta, Margarita and Torkil for FAMC*



# Community News

## Passing On

### **RICHARD PIERRE PÉREZ Passes Away**



This is to inform the community that Richard Pierre Pérez, living with his partner Marie-Christine in Auromodel, passed away yesterday evening in a hospital in Chennai.

His body will be brought to Farewell. Details regarding viewing and funeral will be shared when available.

18 December,  
2024 Submitted by Roy

## Matrimandir News & Schedules

### **MATRIMANDIR ACCESS INFORMATION**

#### **Access to the Park of Unity and Matrimandir**

##### **The Park of Unity**

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

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

**Volunteers and Donors** require a pass to enter the Park of Unity. Timings will be indicated on the pass.

**Published events in the Park of Unity** are open to Aurovilians, Newcomers, Volunteers, Pass holders and Guests. Guests should bring their Aurocards.

##### **The Inner Chamber of the Matrimandir**

*The Matrimandir is a place for silent individual concentration.*

- The Inner Chamber is open to **Aurovilians and Newcomers**:
  - Monday—Saturday: 6—8am, 4:30—7:30pm.
  - Sunday: 6am—12pm, 4:30—7:30pm.
- The Inner Chamber is open to **SAVI registered Volunteers**:
  - Wednesday—Monday, 8—8:40am.  
Arrival at 7:45am at the Office Gate.
- The Inner Chamber is **open to Aurovilians** wishing to accompany a **maximum of 5 close family and friends**, no more than once in two weeks, with booking 3 to 5 days in advance to [mmconcentration@auroville.org.in](mailto:mmconcentration@auroville.org.in):
  - Any day except Tuesday & Sunday: 8—8:35am.  
Arrival at 7:45am at the Office Gate.
- The Inner Chamber, the Petals and the Gardens are open to the **Children of Auroville and the Outreach Schools**:
  - Tuesday 9—11am.
- The **Auroville units can bring their staff** to the Inner Chamber with a prior booking to [mmconcentration@auroville.org.in](mailto:mmconcentration@auroville.org.in): Tuesday 8—8:30am.

##### **The Petals of the Matrimandir**

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



## Access to Matrimandir for Visitors and Guests

### Matrimandir Viewing Point

- The Viewing Point is open to the general public on presentation of a Pass. Visits to the Matrimandir Viewing Point are free of cost. Free passes can be obtained at the Auroville Visitors Centre. The Viewing Point lies south of the Park of Unity and offers visitors a panoramic view of the Matrimandir and the Gardens and the Lake.
- Timings starting from the Visitors Centre:
  - Daily, 9am—5:30pm.

### The Inner Chamber of the Matrimandir

The Inner Chamber is open to Visitors and Guests by prior booking only. Visitors and Guests seeking to concentrate in the Inner Chamber are requested to inquire at the Information Desk of the Visitors Centre after first visiting the Viewing Point.

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

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

## MATRIMANDIR CALENDAR 2025 IS AGAIN AVAILABLE

Matrimandir Calendar 2025 is again available!

The 2025-edition emphasizes the beautiful Darshan decorations around the Banyan tree and the Amphitheatre, bonfires, a gorgeous sunset, and some of the new gardens. Each page



of the Matrimandir Calendar 2025 is colorful, and there are 12 additional smaller photos on the calendar-page with a quote from Sri Aurobindo's Savitri.

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

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

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

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## AMPHITHEATRE—MATRIMANDIR Meditations at sunset with *Savitri*



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

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

- **Reminder to all:** The Park of Unity is a place for silence, meditation and inner work and is to be used only as such. We request everyone: please do not to use cameras, i-pads, cell phones, etc. No photos.
- **Dear Guests,** please carry your Guest Card with you. Access only for the Amphitheater from 5:15pm. Thank you.

*Surya and Velmurugan for Amphitheater team*



## Awakening Spirit

### SAVITRI BHAVAN



#### Schedule, December 2024

##### Exhibitions

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

##### Films: Mondays 4pm in the Sangam Hall

- **December 23: Sri Aurobindo & the Earth's Future—From Darkness to Light, Episode 3—The Revolutionary Yogi.** Duration: 57min.

This third episode of the documentary by Olivier Barot relates to Sri Aurobindo's life in Bengal from 1906 till 1910. It explores his active engagement in the Indian freedom struggle, spiritual quest, arrest and experiences in the Alipore Jail, and taking refuge in Pondicherry.

In the spring of 1906, Sri Aurobindo toured Bengal with Bipin Chandra Pal who had just founded the daily newspaper *Bande Mataram*. From its inception, the newspaper attacked the oppressive system of the British Government without fear and advocated radical change. It declared complete and absolute independence as the aim of political action in India.

The Nationalist movement in Bengal took up the word *Swaraj*, self-rule, to express its ideal of total independence and was successful. Its newspaper *Bande Mataram* circulated throughout India. *Bande Mataram* also spoke of Indian history and culture to make Indians aware of their country's glorious past and prepare them for revolution. Education was considered a central key to India's emancipation. And a few days after *Bande Mataram* began, the Bengal National College in Calcutta opened with Sri Aurobindo as its principal.

In reaction to the successes of the Nationalist movement the British tightened sedition laws and increased sentences. Nationalist leaders and publishers were arrested, and Sri Aurobindo also in August 1907. Sri Aurobindo was released on bail. Rabindranath Tagore visited him and later wrote a poem *Homage to Aurobindo*.

In December 1907, Sri Aurobindo and other Nationalists from all over India travelled to Gujarat for the Indian National Congress session at Surat. There, a vehement clash between the Moderates and the Nationalists took place resulting in a break between the two factions.

After the Surat session, Sri Aurobindo spent three days with the Marathi yogi Vishnu Bhaskar Lele to get help with his sadhana. According to Sri Aurobindo, Lele told him: "... look and you will see that your thoughts come into you from outside. Before they enter, fling them back.'... I saw and felt concretely the thought approaching... and was able to push it back... My mind became full of an eternal silence." Sri Aurobindo was wondering how to give political speeches with a silent mind.

Lele recommended he make namaskār to the audience and wait, and speech would come to him from some other source than the mind. In fact, the speech came, and ever since all speeches, writings, and thoughts would come to Sri Aurobindo from the source above the brain-mind.



Finally, Lele told him to put himself entirely into the hands of the Divine within. From that time onward, this advice to complete surrender to the Divine within became the foundation and main principle of Sri Aurobindo's Yoga.

For months after that, Sri Aurobindo gave speeches and wrote many articles in the state of absolute inner silence, and was inspiring millions of Bengalis and others in India.

During this time, his brother Barin continued his revolutionary activities. Two young revolutionaries from Barin's group attempted to throw a bomb at the carriage of the merciless and sadistic magistrate of Calcutta. But the bomb was thrown at another carriage and tragically killed two British women by mistake.

Two days later, on the 2 May 1908, Sri Aurobindo, his brother Barin, and other revolutionaries were arrested and taken to the Lal Bazar Police Station and then to the Alipore Jail. About his time in Alipore Jail Sri Aurobindo stated: *"When I was arrested, I did not know that that day would mean the end of a chapter of my life... And when I would re-enter the world of activity it would not be the old familiar Aurobindo Ghose. Rather it would be a new being, a new character, intellect, life, mind, embarking upon a new course of action that would come out of the ashram at Alipore... in the jail I had the Gita and the Upanishads with me, practised the yoga of the Gita and meditated with the help of the Upanishads; these were the only books from which I found guidance..."* And Sri Krishna's presence and support were with him throughout his stay in the Alipore Jail.

Sri Aurobindo was also visited by Vivekananda, and Vivekananda *"went on teaching and impressed upon my mind the working of the Higher Consciousness.... gave me a clue in the direction of the Supermind. This clue led me to see how the Truth-Consciousness works in everything"*.

In October 1908, the hearings for the trial began in the Sessions Court. Chittaranjan Das, a nationalist collaborator and a famous lawyer, defended Sri Aurobindo. Highly inspired was his final speech: *"My appeal to you is this: that long after this controversy is hushed in silence, long after this turmoil, this agitation ceases, long after he is dead and gone, he will be looked upon as the poet of patriotism, as the prophet of nationalism and the lover of humanity. Long after he is dead and gone his words will be echoed and re-echoed not only in India, but across distant seas and lands. Therefore, I say that the man in his position is not only standing before the bar of this Court but before the bar of the High Court of History."*

On the 6 May 1909, Sri Aurobindo and more than half of the other freedom fighters were acquitted. After his release from jail, Sri Aurobindo began two publications, the English weekly *Karmayogin* and in Bengali *Dharma*. Simultaneously, the repression of the freedom movement increased. Sri Aurobindo was considered 'the most dangerous man', and the British Government was determined to imprison or deport him.

In this situation the Voice from within commanded Sri Aurobindo to go to Chandernagore and later to Pondicherry, the French colony in India. He followed the commands and managed to board the steamer *Duplex* which took him to Pondicherry. On the 4 April 1910, late in the afternoon, Sri Aurobindo arrived in Pondicherry and remained there for the rest of his life.

This educational film by Olivier Barot is full of less-known facts about Sri Aurobindo's life, and India's Freedom Movement. As well, it gives knowledge about Sri Aurobindo's shift from political activities towards inner work under divine guidance from within, which resulted in his eventual bringing down upon earth higher levels of consciousness.

◦ [It is available on YouTube](#)

- **December 30: Home—the Earth: our home is a miracle and a beauty.** The film wakes us up and to become more conscious and careful with our beautiful blue home. Duration: 94min.



## Regular Activities

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

## Savitri Yajna

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



*Savitri*  
B H A V A N

# SAVITRI YAJNA

*complete recital of Sri Aurobindo's Savitri*  
Both Online & Live  
From Dec 31, 2024 5.00 am till Jan 1, 2025 11.30 am IST

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


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

For more information contact:  
Call / WhatsApp: Shweta: +91 9226635804 | Kavithanjali: +91 9159414606  
Email: maadivinebody@gmail.com

*Dhanalakshmi & Margrit  
for Savitri Bhavan*


## **BHARAT NIVAS: A weekly study circle on *The Synthesis of Yoga—Sri Aurobindo***

A weekly study circle on  
**The Synthesis of Yoga**  
- Sri Aurobindo



**By Deepti Tewari**  
**4:30 pm - 5:30 pm**  
**Every Tuesday**

Venue :  
Resource Library,  
Bharat Nivas, Auroville



Scan for Location

*Submitted by Monisha*



## AUROVILLE MARGAZHI FESTIVAL 2025

4—13 January

Dear Aurovilians,  
Greetings from Bharat Nivas!

We are delighted to announce that the Auroville Margazhi Festival 2025 will take place from 4 to 13 January, 2025. You are cordially invited to join us at Sri Aurobindo Auditorium/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.

*In Service of the Mother, Janemejay Mohanty,  
Bharat Nivas Trustee*

### SAVITRI SATSANG

#### & Om Choir with Narad

Every Wednesday @ Savitri Bhavan, Square Hall

- **Savitri Satsang, 4:30—5:15pm**

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

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


- **Om Choir, 5:30—6:15pm**

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

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

*Narad*

### LABORATORY OF EVOLUTION LIBRARY



**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.

Opening Monday to Saturday 9am to 12 am Tuesday & Friday 2:30 pm to 4:30 pm  
Open for Aurovilians, Newcomers, Volunteers, & Guests

LOE Library is now located at HORIZON, in front of SVE DAM, on the right side of Lorenzo building (Food Laboratory & Quantum Laboratory)

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*



**JOIN OUR UPCOMING HOLIDAY STEAM CAMP!**

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

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

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

Yuvabe Education, Deepanam School

- Contribution: Rs 250/ day

*Submitted by Abilash*

**KULAI CREATIVE CENTRE**

Next to Auroville Bakery, Kulapalayam

[kulaicreativecentre.auroville@gmail.com](mailto:kulaicreativecentre.auroville@gmail.com)

8608473385



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

Selva for KCC





## KINDERGARTEN CENTRE FIELD

**Is Celebrating Its 40<sup>th</sup> Birthday!**

**And the 20<sup>th</sup> Birthday of the Play of Painting**

All are invited to the open house at Kindergarten on:

- **Friday, 20 December, 1—3pm and**
- **Saturday, 21 December, 9am—1pm.**

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

Ex-students (and their parents) are especially welcome to rediscover their younger self and their classmates on our yearly photo albums.



*Vishnu  
for Kindergarten Team*

## AUROVILLE LIBRARY

### Our Reading Circles

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

### Auroville Library Contacts and Timings

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

*Laura*

## *Ecology*

### COME & CHECK ECO SERVICE TREASURES

Monday to Saturday,

10:30am—12:30pm & 3—4:30pm

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

We welcome all recyclers or anyone needing such

items to take them anytime from Monday to Saturday between 10:30am—12:30pm and 3—4:30pm.

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

*Laura H.  
for Eco service team*





## Health Care

### SIMHA HEARING AIDS AND SPEECH THERAPY CENTER Offer Services

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



- They are visiting on **2<sup>nd</sup> and 4<sup>th</sup> Saturdays** of every month between **2—5pm**.

They will be providing the following services:

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

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

*Dr Uma*

### AUROKIYA INTEGRAL EYE CENTRE

@ Arka, Monday—Saturday, 9am—5:30pm



#### Services Provided

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



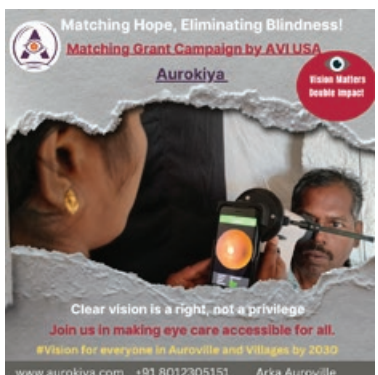
#### Contact:

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

#### 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*



## SANTÉ SERVICES



### Schedule, December 2024

#### Working Hours

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

#### Tests and Sample collection

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

#### For emergencies

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

#### Appointment

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

#### Santé Services Schedule

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

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

*Dasha for Santé Services,*

[sante@auroville.org.in](mailto:sante@auroville.org.in),

<http://sante.auroville.org.in>

## ORTHOPAEDICS SERVICES

### Available

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

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

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

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

- Sruthi, 7904769496, WA/ call

- [auroshruthi@auroville.org.in](mailto:auroshruthi@auroville.org.in)

Submitted By Sruthi



## OFFERING NURSING SERVICES

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

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

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

**Madhi, 9597222826 call/ WA,  
[madhiazhagan014@gmail.com](mailto:madhiazhagan014@gmail.com)**

## OFFERING ADAPTIVE THERAPY AT SANTÉ

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

- Please contact Santé reception: 0413 2622803.

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

*Dasha for Santé Team*

## NOTE FROM AUROVILLE HEALTH SERVICES

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

**9787626452, 9655963914, Mechtild for AVHS**

## AURODENT DENTAL CLINIC @ AUROMODE, AUROVILLE



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

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

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

**Thank you for your continued trust in Aurodent.**

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

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



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

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



## Youth Initiatives

### AUROVILLE YOUTH

#### Integration (AVYI) Program 2025

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

Join Us for the 2025 Auroville Youth Integration (AVYI) Program!

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



#### Co-Create With Us!

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

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

*Jisung on behalf of Youthlink*



### FAIR & SQUARE IS HERE!

21 December, 12noon—10pm @ Youth Center

Dear community members, join us at the Youth Center for a day filled with music, art, games, food, and connection. Let’s reimagine the Youth Center as a vibrant town square of the future—a space for creativity, joy, and togetherness.

**Let’s create the future together!**

*With the biggest smiles  
and enthusiasm,  
Gautam  
for Youth Center and  
YouthLink Crew*



### MAKER SPACE

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

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

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



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

*Lucrezia & Youthlink team*



## JOIN INTERACTIVE PSYCHOLOGY SESSIONS WITH YOUTH!

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

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

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

*Jisung on behalf of Youthlink*



## *Animal Care*

### WHAT TO DO IF YOU FIND A Puppy or Kitten in Auroville

A recent incident involving a guesthouse dumping a puppy “for the safety of its guests” highlights the ongoing challenges faced by Auroville in managing its animal welfare responsibilities. This action upset a guest deeply and serves as a reminder that dumping puppies is not only unethical but also illegal under Indian law, punishable under the Prevention of Cruelty to Animals Act, 1960.



When you dump a small puppy or kitten carelessly on the street, you condemn it to suffer and die a slow agonising death, because it can't survive on its own. Please help it for a few months until it is bigger and can live its life as a normal stray dog or cat without your help.

We encourage all Aurovilians to be inspired by the Mother's teachings, to treat all living beings with loving kindness, respect, and compassion, because also our furry canine friends are fellow inhabitants of this wonderful city of the future.

### **Auroville Dog Shelter's Current Challenges**

The Auroville Dog Shelter is operating beyond its capacity. The shelter, already struggling with collapsing infrastructure, suffered further damage during the recent cyclone. Despite these hardships, we survive on a meagre monthly budget of ₹50,000 from Auroville, which is far below the required ₹3,00,000 to meet basic expenses. While we are doing everything we can to fundraise and provide support, the situation remains dire. We urgently need to start the construction of our new shelter but funds and the building permission have been held back for almost a year.

Thanks to support from AVI USA, we completed a mass vaccination drive in August, vaccinating so far over 1000 dogs, puppies and cats after several confirmed rabies cases. Our long-term plan includes sterilizing at least 1,000 dogs (20 per week) under the guidance of the Department of Animal Husbandry. However, this ambitious project requires both funding (Rs. 15 lakh) and the upgrading of our basic surgery room and adding new ABC enclosures.

Until we achieve sustainable solutions to solve the puppy problem finally for good, we encourage all residents to act responsibly and compassionately if they encounter a stray puppy or kitten:

1. Check for its mother Look around for the mother, as she may be nearby searching for food. If she's present, provide her with food and a safe environment to care for her puppies or kittens.

2. Create a Shelter Use a simple rain-protected box lined with cloth to provide warmth and safety.

3. Feed the Puppy Avoid cow milk, which can cause diarrhea. Instead, use milk powder from the pharmacy and feed the baby 2 to 4 times a day, depending on its age. You can also make a porridge with oats or powdered ragi and a bit of jaggery and milk powder. Older puppies can be fed cooked rice or ragi with chicken or occasional wet food pouches. Always ensure fresh water is available.



4. Seek Veterinary Help While our shelter cannot take in more puppies due to overcrowding, the shelter offers free vet checkups and vaccinations (parvo, rabies) as long as stock lasts.

### Why Sterilization Is Crucial

Mass sterilization is the only long-term solution to Auroville’s stray dog population issues, ensuring the safety of both residents and animals. We urge the AV community and Auroville administration to prioritize this initiative and provide adequate funding for sterilizations and vaccinations to keep the AV residents, visitors, and guests safe.

### A Call for Action

Together, we can create a better Auroville for both humans and animals. Compassionate actions, community support, and sustained funding will pave the way for effective solutions. Dumping puppies is not just inhumane—it is illegal. Let us work together to foster a community that reflects the spirit of care, kindness, and unity, aligned with the Mother’s vision. **If you like to support our shelter or have further questions, please visit our website at [www.aurovilledogshelter.com](http://www.aurovilledogshelter.com).**

Auroville Dog Shelter, Arthur

## Celebrations

### THE AUROVILLE HARMONIES WOMEN CHOIR

Saturday, 21 December,

10:30am—1pm

Singing Christmas Carols from different countries in different places like Town Hall, PTDC, Visitors Center...



Antoine

## Theatre, Music & Arts

### CENTRE D’ART, CITADINES

#### Happy New Year by Marco Saroldi

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

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

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

It would be the first self-portrait in a series that would span his entire life, different eras and even continents, since 2015,





when Marco moved to Auroville, the wishes would travel from India to the West and not the other way round anymore.

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

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

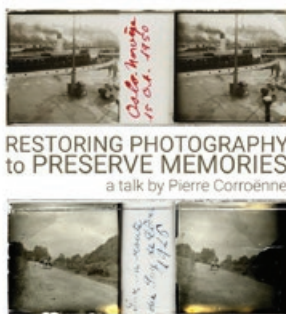
Nothing can escape his merciless gaze, from our technological and consumerist manias to the socio-political blunders of our governments, from ecological concerns to the catastrophic and ridiculous triumph of human individualism, from cloning to the mafia.

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

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

### **Restoring Photography To Preserve Memories**

Pierre Corroënne, who is a photographer, re-discovered in the family attic a collection of over 800 stereoscopic photographs on glass plates dating from the 1920s, which were of obvious historical and sometimes artistic interest. To solve the problem of preserving this heritage and to distribute these photographs to the descendants of the family, while maintaining the collection, he undertook to scan them and prepare a book.



His talk, lasting about an hour, will cover :

- The richness of rediscovering old photographs
- The scanning process, and the question of restoration
- The preparation of a book of photographs in collaboration with the printer

### **Activities Open Call**

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

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

The email should contain:

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



*Submitted by Marco*





## ART EXHIBITION NATHALIE

30 November—24 December 2024 @ Pitanga

**Art Exhibition  
Nathalie**  
30 November – 24 December 2024

Exhibition timings: Daily, except Sundays

8.30am - 12.30pm & 2.30pm - 5.30pm



Pitanga Cultural Centre, Samasthi, Auroville



*Submitted by Roy*

## DHRUPAD CONCERT

Date : Saturday 28<sup>th</sup> December 2024  
Time : 7.00 pm  
Venue : Cripa Kalbhumi, Auroville.

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

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



*Satykam*

## BHARAT NIVAS, THE PAVILION OF INDIA, PRESENTS

**Dhyan**  
By  
Indrayuddh Majumder



**BHARAT NIVAS**

All are welcome...

07:30 pm  
19<sup>th</sup> December 2024  
Venue:  
SAWCHU,  
Bharat Nivas, Auroville



Scan for Location

## A world music concert by Surabhi Ensemble

07:00 pm  
29<sup>th</sup> December 2024  
Venue:  
Sri Aurobindo Auditorium,  
Bharat Nivas, Auroville



**BHARAT NIVAS**



Scan for Location





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



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

Inauguration at 04:00 PM, 07<sup>th</sup> December 2024  
Venue: SAWCHU, Bharat Nivas, Auroville

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

  **BHARAT NIVAS**

*All are welcome*

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

Each session includes:

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

## Blossom Like a Flower



Painting Exhibition  
By  
Bipin Acharya

## Blossom Like a Flower

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

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

Venue:  
Kala Kendra,  
Bharat Nivas, Auroville

  **BHARAT NIVAS**



Scan for Location

## Bharat Ki Bansuri



## BHARAT KI BANSURI

A journey across traditions

07:00 pm  
22<sup>nd</sup> December 2024

Venue:  
Sri Aurobindo Auditorium,  
Bharat Nivas, Auroville

by Srikar Satish  
on Flute

Naren Pullala  
on Mridangam

Joined by  
Neeraj Chandrashekhar  
on Violin

  **BHARAT NIVAS**





**Ojas**  
The Divine Choral Music Offering

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



**07:00 pm**  
**Monday, 30<sup>th</sup> December 2024**  
**Venue:**  
**Sri Aurobindo Auditorium,**  
**Bharat Nivas, Auroville**



Scan for Ticket

**Dr. Rakesh Joshi**  
Artistic Director, Composer, Singer

**BHARAT NIVAS**

Monisha & Janmejaya Mohanty, Bharat Nivas Trustee

## Dance Activities

### DANCE CLASSES BY MANI

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

#### Salsa Dance

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

#### @Bakisata\_dance

Embrace the Rhythm  
and Let Go!



**SALSA DANCE CLASS**

Choose your Dance

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

Register Now  
+91 86376 33696

Tuesday salsa class 6:30 pm  
Saturday workshop 7:0 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



**TANGO DANCE**

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

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

Auroville, cripa

**CONTACT US BY**  
+91 86376 33696  
Bakisata\_dance

Submitted by Mani



**Ballet dance class with Fleur**

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

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

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



@ New Creation Dance Studio

Fleur, 9600225764



## ZUMBA WITH PREETI



New Creation Dance Studio  
Sweatout & Smile  
**ZUMBA**  
Every Mondays!

@ New Creation Studio,  
every Monday, 6pm

For regular classes DM: 8281746763

Vega

## AUROVILLE TANGO

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

- **Monday:**  
7—Introduction to Tango,  
8—Open Source
- **Wednesday**  
7:30—Guided Practice,  
8—Long Practice



wanna TANGO AUROVILLE TANGO New batch starts

<b>MON</b>	<b>WED</b>
19:00 Introduction to Tango	19:30 Guided Practice
20:00 Open source	20:00 Practice songs

No partner required. Bring socks or dance shoes. And plenty of joy!

No partner required.

Bring socks or dance shoes.

And plenty of joy!

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

Submitted by Maud

## Multiple Activities

## BHARAT NIVAS



**BHARAT NIVAS**  
भारत निवास भारत केंद्र  
The Pavilion of India, Auroville

### REGULAR WORKSHOP, CLASS & EXHIBITION

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

### EXHIBITIONS - MONDAY TO SUNDAY

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

Enquiry Contact: Krishna at +91 97878 80211



## Music & Art Activities

### EXPLORE WATERCOLOR TECHNIQUES

@ Unity Pavilion

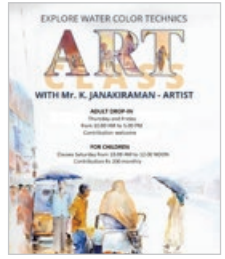
#### Adult Drop-In

- 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

### CREEVA ACTIVITIES

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



CREEVA Studio, Creativity Community, Auroville  
[sathyacolour@auroville.org.in](mailto:sathyacolour@auroville.org.in)

+91 9486145072 WA, Sathya

### SVARAM PROGRAMS

#### Svaram Sound Experience: Sound Journey

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



#### The Quantum-Karmic Multiverse Book Reading Satsang

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

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



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

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



## **Svaram Atelier: Open for Creative and Healing Arts**

Svaram Atelier, located on the second floor of the UTSAV Bldg., is now open for morning rentals, offering an inspiring space for anyone involved in the Creative and Healing Arts. The Atelier is equipped with



air conditioning, backup power (UPS), fully-equipped kitchen and includes two therapy rooms available for use. These facilities can be rented for a minimal contribution.

- **For further info, please contact +91 9360123054 WA** or [svaramprograms@auroville.org.in](mailto:svaramprograms@auroville.org.in)

*Aurelio and the SVARAM Team*

## *Sports & Martial Arts*

### **RUN FOR THE JOY OF RUNNING**

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

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



**Auroville Marathon**  
RUN FOR THE JOY OF RUNNING - 2025

Mark your calendars!

#### **Auroville Marathon: 16 February 2025**

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

### **For Auroville Community Members and Residents of the Bioregion**

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

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

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

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

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

*Prabhu & Marathon Team*

### **TAI CHI HALL in Sharanga**

#### **Schedule of classes**

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



*Krishna*



## AIKIDO CLASSES

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



### Adult Aikido classes

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

### Children/ young students

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

### Contact for more info and registration

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

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

## DEHASHAKTI NEW YEAR'S TOURNAMENT

3—4 January 2025

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

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

### Important dates to remember:

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

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

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

*Lijun and Saravanan for AVPEB and Dehashakti Teams*

## KALPANA GYM

Kalpana Gym is open 7—9am & 5—8pm

- Monday to Saturday

All are welcome!

*Submitted by Satyakam*



## ABHAYA MARTIAL ARTS

### Regular classes

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



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

### Brazilian Jiu-Jitsu Classes For Kids!

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

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



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

## SWIMMING CLASS

Swim to Serenity: Waves of Strength!

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



@watersport\_mani

Book Now: +91 8637633696

Package swimming class

*Submitted by Mani*

## BHARAT NIVAS PRESENTS

### Kalaripayattu Class

in Collaboration with Kalarigram:

Bhumika Hall,  
6—7am, Monday to Friday

- For Registration: Contribution is applicable for the class
- [bharatnivas@auroville.org.in](mailto:bharatnivas@auroville.org.in), office: 0413 2622253

*Monisha for BN Team*



## GIRLS' FUTSAL FOOTBALL CLUB

Every Wednesday at 5:10pm  
@ Dehashakti

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

- Just contact Beber 6385635943 for more details

*Beber*







## KSHETRA KALARI, ASPIRATION

@ Aspiration Sport Ground

- **Kalari Classes for Beginners**
  - Morning classes: 6:30—7:30am  
Monday, Wednesday, Friday
  - Evening classes: 5—6pm,  
Tuesday, Thursday, Saturday
- **Kalari Classes for Advanced People**
  - Morning classes 6:30—7:30am  
Tuesday, Thursday, Saturday
- **Kalari Massage Available**
  - By appointment, 9042009200, Maneesh



*Maneesh for Kalari Team*

## *Bioregion, Craft & Nature Activities*

### PAPER CRAFT WORKSHOP

@ Wellpaper, Auroville

10am—4pm, every day except Sunday

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

+91 9385744722, 0413 2969722



*Submitted by Zeevic*

### WELLNESS WOODCRAFT:

**Auroville Activity**

#### Carpentry Workshop (Wood Joinery)

Beginners Level

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



#### Spoon Carving Workshop Beginners Level

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



#### Bowl & Plate Turning Workshop

Beginners Level

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

Advance booking is necessary

- DM to register:  
+91 9952589649
- [wellnesswoodcraft@auroville.org.in](mailto:wellnesswoodcraft@auroville.org.in)



*Submitted by Anand*



8270071581/ 9159468946/ 0413 2963034

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

### **Tours: Explorative Adventure**

- **Know Auroville: Connecting the Four Zones**
  - 10am—12:30pm, All days except Sunday

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

- **Cycle Tour: Trails and Turns**
  - 10am—12pm, all days except Sunday

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

- **Bioregion Tour: Heritage and History**
  - 10am—12:30pm, all days except Sunday

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

### **Workshops: Hands On Experience**

Weekdays (1 day prior booking)

- **Pottery Workshop**

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

- **Make and Play Workshop**

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

- **Candle Making Workshop**

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

- **Drumming Workshop**

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

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

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

- **Jam Making Workshop**

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

### **Programs: Culture and Community**

Saturday (prior booking) 10 and more

- **Folk Dance and Music**

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

- **Native Games and Food Suvai**

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



## Inside Auroville

- **Lets connect**

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

*For Enlight, Arun, Anand and Balaji*

## EGAI, ART OF GIVING

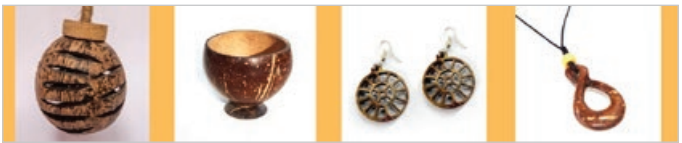


+91 9159468946, [egai@auroville.org.in](mailto:egai@auroville.org.in)

## Arts and Crafts

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

## Products



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

+ 91 9791896488, [egai@auroville.org.in](mailto:egai@auroville.org.in), Anand



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



**EMBRACE SERENITY:  
A Mindful Nature Walk**



**Sunday, 22 December, 4—5 pm**

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
- **Location:** Revelation Forest, Auroville
- **Facilitator:** Rahul
- **Contributions** welcome
- **Text Rahul** to join us: 8349917282

*Carolyn Rebecca for Revelation*

*Looking For*

**Bansuri Flute Study**

If you are a bansuri teacher for shorter and longer people, we'll be happy to commence the study of this beautiful and heart opening instrument with you. [ulrikrishna@gmail.com](mailto:ulrikrishna@gmail.com), 9751513906 (messengers only).

*Urvasi*

*Available*

**Office Spaces Available: Aurelec**

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



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

Interested people may contact Mr. Siva at Aurelec in person, or by phone to 2622293/ 2622294 or e-mail [adps@auroville.org.in](mailto:adps@auroville.org.in)

*Siva for ADPS Trust*

**Office Space Available: Auromode**

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



Interested people may contact Mr. Pandian at Auromode in person, +91 99433 90391 or [pandian@auroville.org.in](mailto:pandian@auroville.org.in)

*Pandian for Auromode*



## Variety of Books Available

Hello! I have a variety of books available. If you're looking for any type, please come to Vikas Apartment, Ivana, on the first floor, on **Tuesday, 24 December at 5pm**. The books will be going out on Wednesday, so this is the only time to check them out. Thank you for reading!

Ps: The name Ivana on my door

*Ivana*

*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](http://thamarai.org), [Film](#)

*Bridget for Thamarai team*

## 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*

*Help on the Way*

## CHRISTMAS CAMPAIGN

Dear Friends, as the festive season approaches, we extend our warmest wishes to you and your loved ones. We're launching a special Christmas campaign to support marginalised families to improve their housing conditions. Your generous donation, made between 1 and 28 December, will be **DOUBLED** thanks to the matching program of our partners at AVI USA.



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

- To donate: <https://give.aviusa.org/page/AVAG>

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

*Alain, Abha, Anbu, Moris and Nadia*



## Work Opportunities

### WORK OPPORTUNITIES AT UPASANA

#### Business manager in Auroville

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



#### Fashion stylist in Auroville

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

#### Office assistant

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

Uma, [office@upasana.in](mailto:office@upasana.in)

## eco ♻️ femme

### Social Media Account Manager

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

#### Proven experience required:

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

We are based in Auroshilpam.

Starting date: Immediate

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

Maha Prabhu

### EARTH INSTITUTE:

#### Communication and Website Specialist

We are seeking a Communication and Website Specialist to join our team. Are you passionate about sustainability and architectural communication?

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



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

T.Ayyappan



## FILMMAKER NEEDED

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

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

Kindly write to [aware@auroville.org.in](mailto:aware@auroville.org.in)

<https://awareauroville.com/>



Isabella for Aware

## Honorary Voluntary

### MOHANAM: VOLUNTEERS INVITATION

Mohanam is seeking passionate long-term volunteers to join our team on a full-time or part-time basis!



MOHANAM PROGRAM

- We're looking for individuals with skills in: *Facilitation and training, Written Documentation and Filing, Administration, Accounting, Teaching kindergarten children, WordPress Website Management, Newsletter Creation, Film Making, Canva Designing, Digital Marketing and Promotion, Physical Marketing and Promotion, Fundraising and Grant Writing, Program Coordination, Kitchen Management, Campus Logistics and Maintenance, Team building and leadership, Content Writing—blogs, social media posts, program descriptions, etc. Social media handling—Instagram, Facebook, Youtube and LinkedIn*
- **Volunteering Duration**
  - Short term volunteers: Minimum 3 months
  - Long term volunteers: Minimum 6—12 months
- **Languages:** English. Optional languages (if you speak or understand, it will be beneficial): Tamil, Hindi
- [Submit your application through this link](#) or scan the qr code and submit your application.
- [mohanamprogram@auroville.org.in](mailto:mohanamprogram@auroville.org.in), 8300949079, 04132190757, 04132622667

Balu



### 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**

### AUROORCHARD:

#### Volunteer and Learn Farming

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

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



[auroorchard@auroville.org.in](mailto:auroorchard@auroville.org.in), 9566631079 WA

Nidhin for AuroOrchard team



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

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



- Monday to Saturday, 11am—1pm & 2—4pm

For registration, please write to...

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

## KUILAI CREATIVE CENTER SEEKS VOLUNTEERS

We are looking for volunteers to help with...

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



Kindly contact: [kulaicreativecentre@auroville.org.in](mailto:kulaicreativecentre@auroville.org.in)

or call us 8608473385

Selva for KCC

## GAU SEVA at Sadhana Forest!



Your heartfelt service is needed at the Sadhana Forest Gaushala!

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

[sadhanaforest@auroville.org.in](mailto:sadhanaforest@auroville.org.in),

8525038274WA or call 8122274924

The Sadhana Forest team, Aviram

## MARTUVAM HEALING FOREST Call for Volunteers

**Martuvam** Healing Forest **Call for Volunteers**

Email your cover letter and resume  
Email: [martuvam@auroville.org.in](mailto:martuvam@auroville.org.in)  
Call / WhatsApp: +91 9345454232

We need your help in medicinal herb garden

We need your help in medicinal herb garden, send us your cover letter and resume [martuvam@auroville.org.in](mailto:martuvam@auroville.org.in)

Shivaraj,  
+91 9345454232, call/ WA





## *Foods, Goods & Services*

### **NATURELLEMENT GARDEN CAFE**

#### **Vegan and Gluten-Free Christmas Cake**

From Naturellement

We are bringing a vegan and gluten-free Christmas cake this year. Don't miss out—place your order now!

- [naturellement@auroville.org.in](mailto:naturellement@auroville.org.in), +91 9385670106 WA

#### **Christmas Dinner Announcement**

We are excited to announce our Christmas Dinner on Tuesday, 24 December 2024! Both vegetarian and vegan options are available to suit your preferences.

Christmas Dinner Menu:

	<b>Vegetarian</b>	<b>Vegan</b>
<b>Drink</b>	Hot Spicy Punch	Hot Spicy Punch
<b>Soup</b>	Gazpacho	Gazpacho
<b>Starter</b>	Beetroot Hummus with Pita Chips	Beetroot Hummus with Pita Chips
<b>Main Course</b>	Lasagne	Stir-Fried Tofu & Vegetables (Teriyaki Style)
<b>Dessert</b>	Christmas Pudding with Brandy Butter	Vandana's Surprise

**Pre-bookings only.** To reserve your spot, please email us at: [naturellement@auroville.org.in](mailto:naturellement@auroville.org.in)

Looking forward to celebrating with you!

*Chitra for Naturellement Garden Cafe team*

### **THE SPROUT**

**is now open in the evenings!**



**Monday—Saturday, 7am—7:30pm,  
UTSAV, Verite, Radial**

Starting this Friday, 20 December, The Sprout will stay open later, with last orders at 7pm and closing at 7:30pm.

**Please note** that from 3:30—7pm our full menu will not be available. Instead, we'll be serving drinks such as coffee, tea, juices, and our non-alcoholic beer, along with items from the front display. Additionally, you can enjoy our delicious ricotta toast, either topped with nuts or fresh strawberries.

We look forward to seeing you in the evenings!

[www.thesprout.in](http://www.thesprout.in), Monica

### **AUROMODE TANTO: FRIDAY DISCOUNT DINING**

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

Our timings: **Monday to Saturday**

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



We are closed on Sundays.

You can call or WA us at 7448811088.

*Pavithra  
for Auromode Tanto Team*



## PTPS & DROPZY ANNOUNCEMENT

# Pour Tous பூர் தூஸ் For All

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

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

- [ptps@auroville.org.in](mailto:ptps@auroville.org.in), 9786526171 phone or WA

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

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

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

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

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

*Iyyappan & Kumaran  
for Pour Tous Purchasing Service*

## SUDHA'S KITCHEN

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

We are serving Mediterranean Cuisine for breakfast, lunch and dinner.

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

You can find more about us on:

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



*Sudha*

## FOODLINK MARKET OPEN EVERY DAY



Monday—Saturday, 9:30am—12:30pm

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

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

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

## ANY TIME DOSA AND PONGAL @ THE PATHWAY CAFE

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



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

*Arabinda for Bharat Nivas team*



## REDUCED-PRICE MAROMA PRODUCTS for all Aurovilians in the Outlet Store

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



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

## SHARED TRANSPORT SERVICE

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



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

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

**Contact:** 8098776644/ 9442566256, [its@auroville.org.in](mailto:its@auroville.org.in)  
*Rajesh.D for Shared Transport Service*



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

- Landlines: 0413 2623586, 0413 2623587
- Cellphones: 9047015801, 9443362218
- Email: [uts@auroville.org.in](mailto:uts@auroville.org.in)

*Lakshmi for UTS Transport Service Team*



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

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

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

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

## QUTEE ELECTRIC SCOOTER SERVICE

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



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

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

*Govindaraj & B  
for Qutee Electric Scooter Service*



## 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*

## SARVAM COMPUTERS Offers Reliable Service

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



### Contact Sarvam Computers

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

- 0413 2622050, 9443211891, 9786953603
- FS account: 251263
- [sarvamcomputers@auroville.org.in](mailto:sarvamcomputers@auroville.org.in)

*Bala*

## RAPID CARE SERVICES

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



### Services offered

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

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



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

We're here to make your travel seamless, whether you're flying to far-off lands or exploring the magic of India.



inside india  
DREAMS & MEMORIES

From flights and trains to buses, travel insurance, and visas—we've got it all covered! Need a taxi, a cozy place to stay, or help with passport renewals? Count on us.

### Get in Touch with Mr. Ganesh, Your Travel Consultant

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

### Current Flight Deals:

- **Emirates**—From Chennai to Paris
- **Qatar Airways**—From Chennai to London, Rome, Milan, Athens.
- **Etiihad Airways**—From Chennai to London, Amsterdam, Dublin, Barcelona, Rome...
- **Air India**—From Chennai to Amsterdam, Copenhagen, Milan, Zurich, Seoul.

In a ground-breaking move to redefine business travel in India, **IndiGo announces** details of IndiGo Stretch—a tailor-made business product for India's busiest and business routes. With a coupe-style, 2-seat wide bay, IndiGo Stretch promises customers a relaxed and comfortable journey, along with specially curated healthy meal options from Oberoi Catering Services. In its constant endeavour to elevate customer experience, IndiGo has partnered with the best in business to design the premium seats that will have a spacious pitch of 96cm (38") and a width of 54cm (21.3") so that customers can sit back, relax, and enjoy the flight.

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

### Travel Updates You Should Know

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

### Airport Fast-Track Options

- **DigiYatra:** Enjoy fast check-ins with facial recognition at Chennai Airport.
- **New Parking Facility:** Skybridge access to terminals at Chennai Airport for easier parking.

### Fast-Track Immigration—Trusted Traveler Program:

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

### Important Reminders

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

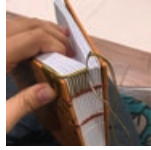
*Olivier for the Inside India Team*



## 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



## SURABHI SUPPLIES

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

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

lyyappan

## RUPAVATHI JOY ACTIVITIES

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

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

### Thai Massage & Tailoring

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

- For any of the above services, contact :
- 8098845200 WA/ ph., [rupavathijoy@gmail.com](mailto:rupavathijoy@gmail.com)

Rupavathi

## eco • femme

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

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

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

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

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

- To register, email us at [learn@ecofemme.org](mailto:learn@ecofemme.org) or scan the QR code on the poster.



### Open House at EcoFemme

- Every Thursday at 10:30am

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

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

Regards, Merve



### MY LOVER BY THE SEA

I am that child with the round, dirty face  
who on every corner bothers you with his  
"can you spare a quarter?"

I am that child with the dirty face  
no doubt unwanted  
that from far away contemplates coaches  
where other children  
emit laughter and jump up and down considerably

I am that unlikeable child  
definitely unwanted  
with the round dirty face  
who before the giant street lights or  
under the grandames also illuminated  
or in front of the little girls that seem to levitate  
projects the insult of his dirty face

I am that angry and lonely child of always,  
that throws you the insult of that angry child of always  
and warns you:

if hypocritically you pat me on the head  
I would take that opportunity to steal your wallet.

I am that child of always  
before the panorama of imminent terror,  
imminent leprosy, imminent fleas,  
of offenses and the imminent crime.  
I am that repulsive child that improvises a bed  
out of an old cardboard box and waits,  
certain that you will accompany me.

Reinaldo Arenas

### THE TIMELESS PICTURE BOOK

There is a picture book somewhere  
Whose pages show  
Where you have been,  
Where you will be.

All that's ever been wrought is in that book.  
The untrained phrases that curves like song,  
Things that in your life-long mind  
You've never even thought to note  
Though now they strike the depths of you.

And all is there  
That can't be learnt  
Or written down  
Or e'er forgot  
Except by mind,  
Except by the blindness of the mind.

Nor is it ever what you think.  
There sometimes errors writ  
In bold and crushing lines  
Turn inside out and are the very core of truth,  
The virtues of the fold and crease of life.  
But once you close the book,  
Beware!  
For habit of the mind is hard  
And else you have the book before



All things will blink and blur and fade  
And when you try to see again  
By time and place you'll be betrayed.

The book goes on  
And you may turn the pages left  
As well as right  
And see as well as where you've been  
The things that lie not in the past,  
But, as they say, the things to be.  
And here not differently you'll see  
That close and known as your own hand  
You know the land  
You've never trod  
And you will say,  
When in the sunlight shines  
The pool, in which there lies a body drowned,  
It was for that I built the pool.  
It had to be.

It unwinds like a spool — your life:  
The wives you take, the sons beget the books you write  
The gods that sit unmoved, yourself a god,  
While loved ones lie in pain and die.  
You understand: when you yourself had lost your way,  
In total darkness walked a world  
Where light had never shone  
And then the day love won and light at last  
That told you they had come to stay.  
“A dangerous book” is it you say?  
No, not; for lest you have the page before,  
God's mercy wipes it all away.

Maggi Lidchi-Grassi  
in her book “Seeds”

## DARKNESS EAGERLY AWAITS LIGHT

Darkness eagerly awaits Light  
Like dry lips ready for a first wet kiss  
Like a cool body ready to melt in a warm hug  
Like a stretched hand ready to be clasped in another.  
With joyful Gratitude, Anandi Z

## Voices & Notes

### AUROVILLE RADIO & TV

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

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



### Last published podcasts

- [Seeking Our Inner Being Group Discussion, Ep. 1 \(French, Part 1\)](#) (Spirituality)
- [Soul Tracks S.6, Ep.4](#) (Music)
- [La Vita Divina Ep.46. LIBRO II—CAP. V PARTE IV—L'illusione cosmica; Mente, Sogno e Allucinazione.](#) (Sri Aurobindo)
- [Marlenka's weekly Offering—Ep.123.](#) (Literature)
- [Exploring Education in Arts, Animation and Film-making Ep. 39—“The Pre-World War II Sound Era Post-Synchronization”](#) (Arts & Culture)





### Last Youtube Videos:

- [Seeking Our Inner Being Group Discussions, Ep. 1 \(French, Part 1\) \(Dubbed in English\)](#)
- [Seeking Our Inner Being Group Discussions, Ep. 1 \(French, Part 1\)](#)
- [Discover the Magic of the Champu Ramayana! Ep.1 by Dr. Rajalakshmi Srinivasan](#)
- [Sacred Echoes—Nature’s Spiritual Essence by Pujasree Burman at Centre d’Art, Auroville](#)

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

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

Sai Priya for Auroville RadioTV

## COMMUNICATION TO THE COMMUNITY

### About The Gratitude Farm Experiment

A group of Auroville farmers recently found out that the Gratitude Farm project has been discontinued early and the keys handed back to the GB-FAMC. We have been unable to find any explanation for this and the land has not been handed back to Demo Farm, as was agreed at the beginning when Gratitude Farm took over the land in 2022/23. Instead it appears that a member of the Farm Service has taken over and is using the land. This is being done with no agreed process or communication with anyone about how the land is to be used.

Below is the email a group of farmers sent to the GB-FAMC which includes links to the original project proposals and the MOU that was signed prior to the project starting. This was meant to be a project with benefits for Auroville farming, but from the information received these have not materialised.

This email was sent on 18 July 2024 and as usually happens, there has been no reply. We thought the community should know about what is happening here.

*Dear members of the ‘FAMC’,*

*It’s recently come to our attention that the keys to the half acre of land from Demo Farm allotted to the Gratitude Project in October 2022 were handed over to Farm Service last month. This leaves us to conclude that the project has been abruptly terminated.*

*Please share the reasons as to why, despite the MoU between yourself and the Gratitude Project clearly stating its timeline as 2 years, has it ended in 1.5 years?*

- [Link is here](#)

*From the onset, despite our doubts regarding the project, we have attempted to work together with yourselves and the project holders in the interest of our shared aim—growing healthy food for Auroville. Upon studying the Annual Report of the project after it completed its first year, we also shared with you our reservations on the report to request reasons for the inconsistencies in the actual crop harvest and projected yield (>20%), and information on the training in Natural Precision Farming promised in the project proposal and MoU. We are yet to receive a response but hope this email reminds you of the same and we can know more about the execution of this innovative pilot project.*

- [Link is here](#)

*As mentioned, we were interested in staying connected for the next phase of the project, so we would like to know more about why it has abruptly ended. We assume an amendment may have been made to the MoU as per its Amendment clause which states ‘Any changes, modification, revisions or amendments to this MOU, which are mutually agreed upon by and between the Parties to this MOU, shall be incorporated by a written instrument, and become effective when executed and signed by both the Parties to the MOU’. We hope you share this amended MoU with the community for the sake of transparency, but more importantly, we would like to know how you intend to evaluate this project so we may collectively learn from this model.*

- [Link is here](#)



We would also like to know how Farm Service intends to proceed with work on this land, or if it will be returned to Demo Farm. We look forward to hearing from you or meeting with you to examine this project and working together for the present and future of Auroville's food security.

Charlie, Juan, Tomas,  
Velmurugan, Sathyavanan

### POWER AND NECESSITY

The Necessity of the Experience of the Destitution and Limitations of the Ignorance with the Supramental Knowledge and Action as Solution

“128) Live according to Nature, runs the maxim of the West; but according to what nature, the nature of the body or the nature which exceeds the body? This first we ought to determine.

129) O son of Immortality, live not thou according to Nature, but according to God; and compel her also to live according to the deity within thee.

130) Fate is God's foreknowledge outside Space & Time of all that in Space & Time shall yet happen; what He has foreseen, Power & Necessity work out by the conflict of forces.

131) Because God has willed and foreseen everything, thou shouldst not therefore sit inactive and wait upon His providence, for thy action is one of His chief effective forces. Up then and be doing, not with egoism, but as the circumstance, instrument and apparent cause of the event that He has predetermined.

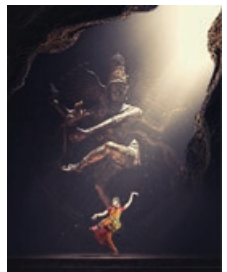
132) When I knew nothing, then I abhorred the criminal, sinful and impure, being myself full of crime, sin and impurity; but when I was cleansed and my eyes unsealed, then I bowed down in my spirit before the thief and the murderer and adored the feet of the harlot; for I saw that these souls had accepted the terrible burden of evil and drained for all of us the greater portion of the churned poison of the world-ocean.

133) The Titans are stronger than the gods because they have agreed with God to front and bear the burden of His wrath and enmity; the gods were able to accept only the pleasant burden of His love and kindlier rapture.

134) When thou art able to see how necessary is suffering to final delight, failure to utter effectiveness and retardation to the last rapidity, then thou mayst begin to understand something, however faintly and dimly, of God's workings.”

- <https://incarnateword.in/cwsa/12/jnana>

“It will simply spring forth in a flash, all of a sudden, and it will be very powerful. Only power can do something. Love vanishes like water running through sand: people remain beatific ... and nothing moves! No, power is needed—like Shiva, stirring, churning ...”



- <https://incarnateword.in/agenta/01/september-16-1958>

“The first necessity is the inner discovery in order to know what one truly is behind social, moral, cultural, racial and hereditary appearances.

At the centre there is a being free, vast and knowing, who awaits our discovery and who ought to become the active centre of our being and our life in Auroville.

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

Here is the [Core of this Supramental Solution](#), from the Supramental Kalki Avatar Sri Aurobindo and the Mother and their Auroville the City of Dawn in the bosom of Mother India the Guru of Nations.

We all as one unfolding movement continue on towards the Life Divine...

Zech, 2024.12.15,  
<https://zechjoya.blogspot.com/>





## *Classes, Workshops & Healing Arts*

### **MINDFULNESS**

#### **Weekly Mindfulness Practice Sessions**

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

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

- For details contact Helen: 7094753054 WA



#### **Mindfulness Offerings**

- December, with Helen

#### **Introduction to Mindfulness workshop**

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

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



- Booking is required. To register contact Helen on 7094753054 WA or visit [innersightav.org](http://innersightav.org)

#### **Mindfulness Kindfulness half day retreat**

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

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

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

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

- Booking is required. To register contact Helen on 7094753054 WA or visit [innersightav.org](http://innersightav.org)

*Helen*

### **AUROMODE SPA**

#### **Offers Cosmetology Services**

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

*Megha for Auromode SPA*



### **VEDIC ASTROLOGY 101**

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

- [allthingsvedic.link/astrology101\\_interested](http://allthingsvedic.link/astrology101_interested)

For more details of my practice, pls visit [allthingsvedic.in](http://allthingsvedic.in)

*Vikram, 9843948288*



## CRANIO-SACRAL SESSIONS

Dear Community, I am giving free Cranio-sacral sessions for Aurovilians and Volunteers from now until around mid of February. For anyone interested please write to me on [simoniverse@gmail.com](mailto:simoniverse@gmail.com), on +43 6801603829 WA, or message/call +91 8580972590.



Simon

## AUTHENTIC RELATING

Every Wednesday, 9:30am—12:30pm  
@ Hall Of Light, Creativity Community  
with Dave & Prem Shakti

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



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

## SOUND CHAKRAS HEALING

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



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

For appointments, contact me at:

Lakshmi +91 8489764602, [lakshmiprem369@gmail.com](mailto:lakshmiprem369@gmail.com)

Offered under Abhaya, Lakshmi

## AN EVENING OF MEDITATIVE and Multilingual Songs

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

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



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

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

Ulrike



## 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*

## SINGING CIRCLE

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

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

- Register 9443069335 WA

Aurovilians and Newcomers free. *Lola*





## SITARA MUNAY-KI YOGA

### Sitara: Meditation—Yin Yoga—Sound Journey

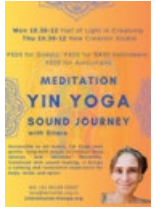
- Mondays, 10:30am—12pm @ Hall of Light, Creativity
- Thursday, 10:30am—12pm @ New Creation Studio

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

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

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

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



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

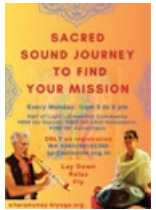
- Every Monday, 5—6pm,  
@ Hall of Light, Creativity

Only on registration:

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

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

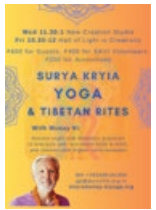
*Sitara & Giovanni Munay-Ki*



### Munay-Ki: Surya Kriya & Tibetans Rites

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

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



### Note:

- **Suggested donations:** ₹600 for Guests; ₹400 for SAVI Volunteers; ₹200 for Aurovilians.
- [New Creation Studio](#) is on the second floor of the building just after La Piscine. Stairs in the narrow pathway alongside the pool's brick walls.
- **Hall of Light** is in the Creativity Community, in the center of Auroville.

*Submitted By Giovanni Munay-Ki*

## SOUND THERAPY & SELF HEALING

Rejuvenating soundbath combined with breathing techniques for maximum benefits.

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



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

Contact 9385428400 call/ WA to book your session today! Donation Based

*Submitted by Isha*



## AUROMODE YOGA SPACE

### Aurothaima—Hospitality Trust Yoga Schedule—December 2024

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

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



#### **Morning Vinyasa Flow with Bala**

Monday to Saturday, 7:30—9am

Start your day with an invigorating Vinyasa Flow Yoga session guided by Bala. This class focuses on connecting breath with movement, building strength, flexibility, and mindfulness. Perfect for practitioners who enjoy a dynamic morning practice to energize their day.



#### **Evening Vinyasa Flow Yoga with Bala or Arun. 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.

#### **7 days/ 50 hr, Auroville New Year Yoga Immersion intensive. 23—29 December, 10:30am—5pm**

Dive into a transformative week-long Yoga Immersion in the serene surroundings of Auroville. This program includes daily yoga practices, guided meditations, workshops, and community activities to help you reflect, rejuvenate, and set positive intentions for the New Year. Open to all levels, this immersion is an excellent opportunity to deepen your practice and understanding of yoga.

#### **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—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*



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

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



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

Discover a spiritual journey with a **Sencha Style Tea Ceremony**

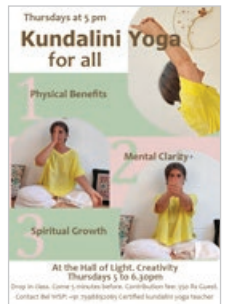
- **The session can be conducted** 1-on-1, or for small groups (up to 4 people). For more than 4 people, a suitable venue must be arranged in advance. Children aged 5 years and above are most welcome, especially on their birthdays.
  - **Venue:** To be decided when you call to confirm your appointment.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

## EXPERIENCE THE POWER OF KUNDALINI YOGA

Thursdays, 5pm @ Hall of Light, Creativity,

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

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



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

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

## BODY IN LIGHT: ENERGY HEALING WORKSHOP

20, 21, 22 December, Friday to Sunday, 9am–5pm  
@ Bhumika Hall, Bharat Nivas

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

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



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

**Register now:** [contact@auroville-jiva.com](mailto:contact@auroville-jiva.com) or +91 94436 19403 WA.

**Sandhya**





**ARKA WELLNESS CENTER  
December 2024 Program**

[arka@auroville.org.in](mailto:arka@auroville.org.in), 0413 2623799



**Treatments**

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

**Classes**

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

*Ramana, Arka*

**TRADITIONAL MANTRAS AND STOTRAS**

**Chanting Classes**

@ Serendipity Community with Sonia Novaes

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

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

**Sonia**

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

+91 8940288090





## It Matters

### Schedule from 20 to 28 December

#### Weekly Activities—A/C Room

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

All activities are:

- Rs./600 for guests and
- Rs./150 for Aurovilians/ Newcomers/ Savi Registered Volunteers.
- Discount vouchers available, only for weekly activities, not for workshops.
- **Workshop pre registrations:**
  - [itmatters@auroville.org.in](mailto:itmatters@auroville.org.in), or +91 9344087925 WA

Date	Activity
20 December, Friday, 5:30—6:30pm	Mystery Activity, Revealed on Insta the same day
21 December, Saturday, 11:30am—12:30pm	Bansuri Meditation & Deep Rest Sound bath with Chandra
21 December, Saturday, 1:45—2:45pm	The Savitri Research Project with Matthias
23 December, Monday, 5:30—6:30pm	Science of Meditation with Matthias
26 December, Thursday, 4:15—5:15pm	Learn Native American Flute with Sitara
26 December, Thursday, 5:30—6:30pm	Tai Chi, The way of the Leaf with Kaarthikeyan Kirubhakara
27 December, Friday, 4:15—5:15pm	Free Dance & Cacao Ceremony with Sitara
27 December, Friday, 5:30—6:30pm	Mystery Activity, Revealed on Insta the same day
28 December, Saturday, 9:15—11:15am	Intuitive Painting with Marie Claire Barsotti
28 December, Saturday, 11:30am—12.30pm	Bansuri Meditation & Deep Rest Sound bath with Chandra
28 December, Saturday, 1:45—2:45pm	The Savitri Research Project with Matthias
Date	Workshops in December
21 December, Saturday, 3-5pm	Dating Mantra (Ethos & Ethics) with Akira- Rs./900
28 December, Saturday, 3-5pm	Block Printing Introduction (Heritage Craft) with Sandra- Rs./900

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

*Bhakti & Sandra*

### LEELA THERAPY

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

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

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

- For more details see [www.innersightav.org](http://www.innersightav.org) or contact Kardash on 9940934875 WA.



*Kardash*



## Program December 2024

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

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

• **Please note:**

- Rachel will resume her Yoga classes on Monday, 23 December

Mondays	
7:30am–9am	Asanas mixed level with Rachel, restarts 23 December
8:30am–10am	Yoga Therapy with Gala
10:30am–12:3pm	Prenatal Yoga Circle with Flowrina
4pm–5pm	Doing No-Thing Consciously with Mike
5:30pm–6:45pm	Hatha Yoga with Priyamvada
Tuesdays	
7:30am–8:45am	Self Practice with Rachel, restarts 24 December
7:30am–8:45am	Ojasana Hatha-Nada Yoga with Ojas
4pm–5:15pm	Yoga: Restore & Relax with Flowrina
5:30pm–7pm	Antigymnastique® with Francesca F.
Wednesdays	
7:30am–9am	Asanas mixed level with Rachel, restarts 8 January 2025
8:30am–10am	Yoga Therapy with Gala
2:15pm–4pm	For Giving Love, Transmuting heavy emotions with Dr. Lasko’s tools with Marie-Claire
5:30pm–6:45pm	Hatha Yoga with Priyamvada
Thursdays	
7:30am–8:30am	Lucid Journey—Immersive Guided Meditation with Malcolm
7:30am–9am	Yoga: Chakra Conditioning with Flowrina
4:30pm–5:30pm	Aviva Exercise with Suriyagandhi, for women only
5:30pm–7pm	Yoga: Restore & Relax with Flowrina
Fridays	
6:45am–8am	Pranayama with François & Namrita, For former “The Art of Living” course participants
7:30am–9am	Asanas mixed level with Rachel, restarts 27 December
8:30am–10am	Yoga Therapy with Gala
4:30pm–5:30pm	Readings of The Life Divine with Balvinder
5:15pm–6:15pm	Feldenkrais with Shari
5:30pm–6:45pm	Hatha Yoga with Priyamvada



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

### Youth Activities

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

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

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

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

### Classes—By Prior Registration

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

### Healing Space—By Appointment

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

### New Activities

#### Hatha Yoga with Priyamvada

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

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

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

#### Kundalini Yoga with Bel

- **Saturdays 11—12:30am**

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

- **Physically:** Can improve flexibility, strength, and balance, reducing pain and enhancing overall physical health



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

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

### **Yoga classes with Flowrina**

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

A safe place for pregnant ladies to come together:

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

Practices:

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

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

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

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

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

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

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

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

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

### **Yoga Therapy sessions with Nadia A.**

- Please contact us for an appointment.

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

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

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



## For Giving Love with Marie-Claire

- **Transmuting heavy emotions with Dr. Lasko**
  - Wednesdays, 2:15pm—4pm
  - This is a drop-in session.

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

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

*Pitanga supports a cashless economy in Auroville. If you are hosting guests who would like to participate in our activities, please inform them that contributions must be made cashless. If you wish to receive our program of activities by email, please write to us. See you at Pitanga, with a smile!*

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

## QUIET HEALING CENTER



### Watsu® 1 Transition Flow (TF) with Dariya

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

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



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

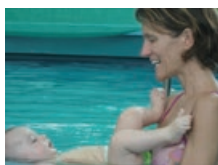
- **Prerequisites:** Watsu Basic

### Watsu® for Babies with Dariya

- 4 January 2025, 8:45am—6pm, 8 hours

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

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



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



## **OBA 2—Aquatic Body with Nirvano**

- 5—10 January, 8:45am—6pm, 50 hours

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



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

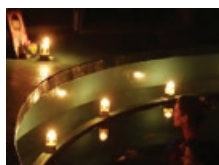
**Oceanic Bodywork@ Aqua** is a journey back to your origins in the endless blue depths of your inner ocean.

- **Prerequisites:** OBA 1

## **Watsu® & Meditation with Dariya**

- 16—17 January, 8:45am—6pm, 15 hours

Meditation is an important tool for listening, accepting and knowing ourselves, as well as becoming more intuitive towards others.



In our understanding, the purpose of meditation is to cultivate presence and peace of mind, enabling us to connect with our unique essence and the world around us. It also encourages development of our intuition and perception through the heart, complementing the rational mind. This can help us make choices from a deeper place. Essentially, meditation helps in our personal growth and enhances our ability to deeply listen to and be fully present with the person we float during a Watsu session.

- **Prerequisites:** Watsu Basic

## **Prana Yoga Immersion Classes with Ananda**

- 16—25 January, 7—8:30am

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



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

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

## **Holistic Rebalancing Massage Training with Ananda**

- 16—25 January, 9am—5pm, 60 hours

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





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

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

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

### **OBA 3—Oceanic Body with Nirvano**

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

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



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

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

- **Prerequisites:** OBA 2.

### **Watsu® Yoga Round with Fred & Roberto**

- **24 January, 3—6:30pm**

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



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

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

### **Liquid Flow Essence with Dariya & Daniel**

- **25—31 January, 8:45am—6pm, 50 hours**

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



This intense course with the main Liquid Flow sequence is for students of different aquatic bodywork modalities, who wish to dive deeper into their practice. In combination with practices on land, you will experience the profound effects of this powerful, yet softening, work. Liquid Flow Essence is the favourite elective of many students. Inspired by different





aquatic bodywork modalities, it offers a wonderful new sequence of essential mobilisation possibilities in a flow with ease and continuity.

Together with a deepening presence and unconditional holding, this course improves your therapeutic work and leads towards the essence of any aquatic bodywork: being deeply in touch with one's essence, and experiencing a sense of timelessness and connection to ALL.

- **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.quiethhealingcenter.info/](http://www.quiethhealingcenter.info/)  
[quiet@auroville.org.in](mailto:quiet@auroville.org.in)*



## VÉRITÉ, DECEMBER

Please contact Vérité @ 0413 2622045,  
2622606, 9363624083

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



### Yoga & Other Classes

	Drop-in Classes	Timings	Presenters
Mondays	Yoga Asana: Deep Stretch & Relaxation	7:30–8:30am	Radha
	Hatha Vinyasa Yoga	5–6pm	Andres
	Deep Sound Bath	5–6pm	Satyayuga
Tuesdays	Yoga Asana: Deep Stretch & Relaxation	7:30–8:30am	Radha
	Hatha Yoga Essentials	10:45–11:45am	Dev
	Shamanic Breathwork & Free Movement	5–6:30pm	Lakshmi
Wednesdays	Yoga for Happy Hips	7:30–8:30am	Dev
	Hatha Vinyasa Yoga	5–6pm	Andres
	Cosmic Dance Wave: a Healing Journey through Movement	5–6:30pm	Sandyra & Marco
Thursdays	Hatha Yoga Essentials	7:30–8:30am	Dev
	Yin Yoga: Deep Tissue Release (beginning 12 December)	9:15–10:15am	Radhika
	Open Heart Space Meditation	3:30–4:30pm	Samrat
	Deep Sound Bath	5–6pm	Satyayuga
Fridays	Pranayama & Meditation (beginning 13 December)	7:30–8:30am	Radhika
	Hatha Vinyasa Yoga	5–6pm	Andres
	Free Flow Dance & Movement	5–6:30pm	Vega
Satur- days	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
Mamta	Face & Neck Massage
Mila	Biodynamic Craniosacral Therapy
Parvathi	Food is Medicine: Lifestyle Health Practices Consultation
	Healing Facial Therapy: an 8-Step Skin Care Treatment with Indigenous Herbs
Radha	Ayurvedic Massage: Detoxifying & Energy Balancing
	Swedish Massage
Radhika	Birenda Massage
	Craniosacral Therapy
	Foot Reflexology
	Integrated Craniosacral Therapy & Foot Reflexology
Raja	Integrated Ayurvedic Acupressure, Deep Tissue & Heart Healing Massage



Satyayuga	Healing Sound Bath with Tuning Forks
Susan	Heart-Centered Resilience
Vyshnavi	Energy Healing Reiki
	Holistic Foot Reflexology
	Integrated Energy Healing & Holistic Foot Reflexology

## Workshops (pre-registration required)

Day & Date	Workshops (pre-registration required)	Timings	Presenters
Friday, 20 December	Master Class: Yoga to Enhance Strength & Flexibility	9:15am–12pm	Dev
Saturday, 21 December	Releasing Fear & Anxiety with Pranayama	9:15am–12pm	Lakshmi
Saturday, 21 December	Panchakarma: Ayurvedic Purification Techniques	2–4pm <b>Cancel</b>	Dr. Geeta
Friday, 27 December	Understanding Pranayama & its Practice in Asanas & Meditation	9:15am–12pm	Radhika
Saturday, 28 December	Food is Medicine: Lifestyle Health Daily Practices	2–4pm	Parvathi

### Master Class: Yoga to Enhance Strength and Flexibility with Dev

- Friday, 20 December, 9:15am—12pm

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

### Releasing Fear & Anxiety with Pranayama with Lakshmi

- Saturday, 21 December, 9:15am—12pm

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

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

- Friday, 27 December, 9:15am—12pm

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

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

- Saturday, 28 December, 2—4pm

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

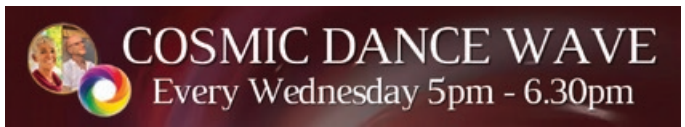


**Panchakarma: Ayurvedic Purification Techniques with Dr. Geeta**

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

*Anandhi for Vérité programming*

**COSMIC DANCE WAVE:**



**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:

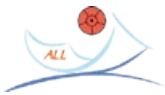
- **Earth Energy—Mahasaraswati:** Ground yourself and connect to your physical light body and call in Divine manifestation
- **Water Energy—Mahalakshmi:** Leave your emotional baggage behind and flow into love, beauty and abundance
- **Fire Energy—Mahakali:** Find your true inner power and transform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

*Languages*



**AUROVILLE LANGUAGE LAB**  
Current Schedule of Classes  
as of 19 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
Didgeri-doo	Beginner	4:45–5:45pm	Tuesday & Thursday

**Registration is required for all classes**

Send an email to

- [info@aurovillelanguage.org](mailto:info@aurovillelanguage.org)
- or call 0413 2623661, +919843030355 WA.

**Catch updates here**

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

Mita  
for Auroville Language Lab

*Cinema*

**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, 20 December**

**Fifteen Minute City:**

**Urban Planning Solution To Climate Change**

18 minutes/ 2023/ CNA Correspondent

First documentary talks about the idea of a 15-minute city, seen as a key climate solution, fostering sustainable living, and enhancing quality of life. It showcases how this is being done in different cities around the world.

**Preserving A Dharma Kingdom/ 22 minutes/ 2024/ Jangsa Trust**

Second documentary emphasizes the importance of preserving spiritual and cultural heritage while promoting sustainable living practices in Bhutan to ensure long-term health of both the environment and society. It highlights the balance between modernity and tradition, underscoring the significance of stewardship for future generations

*Submitted by Aviram*



**CINEMA PARADISO**  
**Multimedia Center (MMC) Auditorium**  
**Film Program**  
**23—29 December 2024**

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

**Indian—Monday 23 December, 8pm**  
**Merry Christmas**

India, 2024, Dir. Sriram Raghavan w/ Katrina Kaif, Vijay Sethupathi, Tinnu Annand, and others, Drama-Mystery, 144mins, Hindi-Tamil w/English subtitles, Rated: NR (R)

On Christmas Eve, Albert returns home after years away, grieving his mother's loss. Seeking cheer, he meets the mysterious Maria and her mute daughter. As they share long walks and conversations, an undeniable magnetism forms. For Maria, Albert is a dream come true, and for Albert, Maria is a Christmas miracle. But as the night unfolds, romance turns into a nightmare.

**Potpourri—Tuesday 24 December, 8pm**  
**It's A Wonderful Life**

USA, 1946, B&W, Dir. Frank Capra w/ James Stewart, Donna Reed, Lionel Barrymore, and others, Holiday-Family, 130mins, English-French w/ English subtitles, Rated: PG

George Bailey has spent his life helping others in Bedford Falls. On Christmas Eve, his uncle loses \$8,000, leading George

to believe he'll go to jail and Mr. Potter will take over the town. Desperate, he contemplates suicide, but his guardian angel, Clarence, shows him how valuable his life truly is. This beloved classic reminds us of all that Christmas wouldn't be complete without George's heartwarming story.



**Selection—Wednesday 25 December, 8pm**  
**Johnny**

Poland, 2022, Dir, Daniel Jaroszek, w/ David Ogrodnik, Piotr Trojan, and others, Biography-Drama, 119, Polish w/ English subtitles, Rated: R.

Patryk Galewski, an ex-criminal, receives a court order to work at a hospice in Puck. There, meets Fr. Jan Kaczkowski, the compassionate priest who runs the hospice and who himself is dying of cancer.

**Interesting—Thursday 26 December, 8pm**  
**Katiyabaaz**

India-USA, Dir. Deepti Kakkar & Fahad Mustafa w/ Ritu Maheshwari, Loha Singh, Irfan Solanki, and others, Docu-Drama, 84mins, Hindi-English w/ English subtitles, Rated: NR (PG)

In a city with 15hr power cuts, hundreds risk their lives stealing electricity. With the first female chief of the electricity company vowing to eliminate all illegal connections, the lines are drawn for a battle over power. A film to watch!



**International—Saturday, 28 December, 8pm**  
**Den Første Julen I Skomakergata (Christmas on Cobbler Street)**

Norway, 2023, Dir. Mikal Hovland w/ Jan Sælid, Kåre Conradi, Kristoffer Olsen, and others, Family, 95mins, Norwegian w/ English subtitles, Rated: NR (PG)

Just before Christmas, 11 yrs. old Stine arrives on Cobbler Street all by herself and seeks shelter with Shoemaker Andersen, a grumpy old man who just wants to be left alone. Their meeting changes everything for both.

**Children's Matinee—Sunday, 29 December, 4pm**  
**That Christmas**



UK, 2024, Dir. Simon Otto w/ Bill Nighy, Brian Cox, Guz Khan, and others, Computer-Animation, 91mins, English w/ English subtitles, Rated: PG

Based on Richard Curtis's award-winning trilogy, this film interweaves tales of family, friends, love, and Santa Claus's big mistake during Wellington-on-Sea's worst snowstorm. The unforgettable Christmas, filled with unexpected twists and an enormous number of turkeys, highlights how the storm alters everyone's plans and brings the townsfolk closer together.

*Sidney Lumet Cinema @ Ciné-Club*

**Ciné-Club Sunday 29 December, 8pm**  
**Network**

USA, 1976, Dir. Sydney Lumet, w/ Faye Runaway, William Holden and others, Drama, 121 mins, English w/ English subtitles, Rated: R

In the 1970s, terrorist violence dominates nightly news, and UBS Television Network's corporate structure is changing. Howard Beale, the aging news anchor, loses his strong ratings and is fired by the network. Beale reacts unexpectedly.

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

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

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

Nina,  
MMC/ CP Group Account# 105106,  
[mmcauditorium@auroville.org.in](mailto:mmcauditorium@auroville.org.in)





# AUROFILM

Presents @ Multi Media Centre Auditorium, Town Hall

**Friday, 20 December, 8pm**  
Special program for Christmas time!

## “The Grinch”

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

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

**Synopsis:** It follows the Grinch, a cranky, solitary creature who attempts to thwart the public's Christmas plans by stealing Christmas gifts and decorations from the homes of the nearby town of Whoville on Christmas Eve. Miraculously, the Grinch realizes that Christmas is not all about money and presents... Funny, heartwarming, and visually stunning, it's a universal story about the spirit of Christmas and the indomitable power of optimism!



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

## Friday, 27 December, 8pm Cinema Paradiso (Original title: Nuovo Cinema Paradiso)

Directed by Giuseppe Tornatore, Italy, 1988

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

**Synopsis:** Rome, at the end of the 1980s, Salvatore has just learned of the death of his old friend Alfredo. With this news, his entire childhood comes back to the surface: his native village in Sicily, when he was called Totò and he divided his free time between the church (where he was an altar boy) and the parish cinema, where Alfredo reigned, the projectionist who, through the films he showed, taught him about life and reveals to him the mysteries of moviemaking, beginning his lifelong love affair with cinema... “Here is the masterpiece of Giuseppe Tornatore which represents in itself a moving slice of life and a dazzling cinematic interlude. Indeed it was very difficult to tell a story whose main actor is the 7th art! But it was without counting on the talent of the filmmaker to juxtapose this story of love with passion on the big screen” It was nominated for 11 BAFTA Awards and won five; including Best Actor, Best Original Screenplay, and Best Foreign Language Film.



The film will be introduced by Dr. Alexander Pereverzev!

Original Italian version with English subtitles. Duration: 2h35'

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

Susana and team





## *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

## *Accessible Auroville Public Bus*

[avbus@auroville.org.in](mailto:avbus@auroville.org.in), +91 9443074825



### **Auroville TO PONDICHERRY**

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



### **Pondicherry TO AUROVILLE**

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

- **Contact** 0413 2623302
- [Link to join WhatsApp group](#)