



News Notes

#1109 A weekly bulletin for residents of Auroville 11 December 2025



Cling to the Divine. Photo by Alexey

For all those who are destined to find their inner being, the truth of their being, there is always at least one moment in life when they were no longer the same, perhaps just like a lightning-flash—but that is enough. It indicates the road one should take, it is the door that opens on this path. And so you must pass through the door, and with perseverance and an unfailing steadfastness seek to renew the state which will lead you to something more real and more total.

The Mother, Questions and Answers (1956)

Pondering



[Our being's] Its limited finite of self has to become a boundless finite and an infinite.

But the first of these two movements, the awakening to our inner realities, imposes itself as the prior necessity because it is by this inward selffinding that the second—the cosmic self-finding—can become entirely possible: we have to go into our inner being and learn to live in it and from it; the outer mind and life and body must become for us only an antechamber.

Sri Aurobindo, The Life Divine

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House of Mother's Agenda



It is this Consciousness of the Overman, an activated aspect of the Supramental Consciousness adapted to the present circumstances, which is at work now. It is changing the world through its formation and guidance of beings who are open to it, the overmen and overwomen. The turmoil of the present world in which we live is caused by this Consciousness—to which the ongoing change is not an unpredictable vortex, but a process guided in the smallest details. Before the descent of the Supermind the transformation of the lower into the higher hemisphere was a certainty, for the Avatar never comes without accomplishing his mission, but the way in which it would come about could not be foreseen, as Sri Aurobindo said so often. At the very moment of the manifestation of the Supermind the process of the supramental transformation of our world was initiated, but it could still take “thousands of years”. The *sadhana* of the Mother induced the Consciousness of the Overman, which manifested on 1 January 1969 and effected the unseen presence among humanity of the first overmen and overwomen. Through them is worked out the guidance of the Overman Consciousness, which is sometimes detectable in the world events.

The presence of Sri Aurobindo. Death is a laying down of the physical body by the soul. The soul remains “sheathed” in its vital and mental bodies to the extent that these have been developed. But what happens if the vital and mental sheaths are supramentalised? Supramentalisation means divinisation which means immortality. Sri Aurobindo’s vital and mental sheaths had been supramentalised for many years when he entered voluntarily into death with all his conscious powers. This means that he exists in a supramentalised vital and mental body somewhere in a corresponding supramental world. The Mother often referred to “Sri Aurobindo’s abode” in “the subtle physical”, i.e. in a supramental world⁵⁷ where she and many of the followers still among the living went to visit him, and where some of the disciples who had left their body stayed with him, in his company.

⁵⁷ See for example *Mother's Agenda*, 6 October 1959. The “subtle physical” is in fact an occult gradation of the physical or material, but in the years after her withdrawal the Mother used this term more and more for the supramental, especially when concretely perceived.

Georges Van Vrekhem,
Patterns of the Present: From the Perspective of Sri Aurobindo and the Mother,
Chapter 6: The Supramental “Catastrophe”

<https://incarnateword.in/other-authors/georges-van-vrekhem/patterns-of-the-present-from-the-perspective-of-sri-aurobindo-and-the-mother/6-the-supramental-catastrophe>

Gangalakshmi HOMA



Townhall Speaks

ATDC: APPLICATION ANNOUNCEMENT 11-12-2025



L'avenir d'Auroville

The following Building Application has been received and is approved—(announced for information only):

Mohini Schilling House—Nine Palms (Retroactive NOC)

- **Applicant/s:** Mohini Schilling
- **Location/area:** Nine Palms
- **Area for which approval is sought:** 103 Sq.m

Project brief: The house was built without permission from the ATDC. The applicant has requested ATDC to regularize the asset and issue an approval certificate to obtain an electrical connection. An application was submitted for this purpose and has been approved by ATDC.

This is a reminder to all Residents that no construction of any kind—including fences, huts, ketch roofs, and temporary sheds—may be carried out without prior ATDC approval.

Residents who have built without approval must approach ATDC immediately to regularize the asset.

Failure to regularize may result in disconnection of services and/or removal of the structure, as applicable.

- **For more information on specific projects** or to schedule a meeting, please contact L'avenir d'Auroville (ATDC) at: avenir@auroville.org.in **Joel**

ANNOUNCEMENT BY HOUSING SERVICE

Housing Service wishes to reiterate that reimbursement request will not be accepted for work commissioned by house users without prior email approval/notification on emergency situations.

We have consistently reiterated the information above, but reimbursement requests continue to be submitted without meeting the requirements.

Consequently, Housing Services must take a firm position and cannot accommodate requests that do not comply with the stated guidelines.

*Piero for Housing Service,
repair team*

AUROVILLE CODE OF CONDUCT FOR PET OWNERS

(Compliant with Indian law & Tamil Nadu practice)

The Mother's guidance and today's context

The Mother clearly discouraged the keeping of dogs and cats in Auroville houses, noting health risks and disturbances, and asking that their numbers not increase and not be kept on Auroville land (Aspiration Talks, 21 April 1970).

Today, however, Auroville does have residents who keep pets. Beyond the noise, safety, and hygiene concerns the Mother anticipated, pet ownership is affecting community functioning—for example, when a resident declines a suitable housing allocation because a dog “would prefer a garden.” While Auroville is still in its building phase and striving to provide the basic needs of all, such additional burdens on collective resources must not be imposed for personal gratification.

In this spirit, Auroville discourages the acquisition of new pets and expects strict prevention of any increase in numbers. Nevertheless, while dogs are presently owned in the community, the following Code of Conduct applies to ensure safety, welfare, and harmony in full compliance with Indian law and the ABC framework.

Legal basis & applicability

- **Prevention of Cruelty to Animals Act, 1960 (PCA)**
- **Animal Birth Control (Dogs) Rules, 2023** (sterilise, vaccinate, and return community dogs to the same location)
- **Bharatiya Nyaya Sanhita, 2023 (BNS)**—replacing certain IPC provisions w.e.f. 1 July 2024 (see cross-reference in Annex)
- **AWBI guidance** on responsible pet ownership and co-existence with community dogs

Auroville policy note: Consistent with the Mother's guidance, Auroville discourages new pet acquisition and requires strict population control. This Code does not dilute statutory protections under PCA/ABC; it operationalises them for Auroville.

1. Licensing & Identification

- Every owned dog must wear a collar and ID tag with the owner's name and contact number.
- Owners are encouraged to register their dogs with the Dog Shelter/community database.

2. Restraint & Control

- Dogs may not roam freely in public or shared spaces; a leash is mandatory outside the owner's premises.
- Owners are liable for negligent handling that endangers others (e.g., BNS negligent handling provisions).

3. Sterilisation

- All owned dogs must be sterilised unless a veterinarian certifies a health exception.
- Community (“street”) dogs fall under ABC Rules and must be sterilised, and returned to their original location. (Auroville Dog Shelter's mandate).
- Sterilisation certificates must be produced on request.

4. Noise & Nuisance

- Owners must prevent persistent/excessive barking, especially at night.
- Use training, responsible socialisation, and night-time confinement as needed.

5. Aggression & Bite Incidents

- In any bite/attack: immediate medical care for the victim and prompt reporting to Auroville Security (ASES) and the Dog Shelter.
- Dogs with a history of aggression must be trained, leashed, and muzzled in public as directed.

6. Abandonment & Neglect

- Provide adequate food, water, shelter, exercise, and veterinary care at all times.
- Abandonment, cruelty, or neglect is punishable under PCA §11.
- Any Auroville inhabitant found to have treated an animal with cruelty as described above shall be liable to face proceedings as violation of the Auroville Residence Criteria which explicitly forbids violence.

7. Community Responsibility, Housing Allocation & ABC Compliance

- Housing allocations are based on individual or community need, planning, and availability. A resident's pet preferences cannot be used to refuse an allocation or demand a specific typology (e.g., garden units).
- Refusing an allocated residence on account of a pet's preferences will be recorded as a declinature of the offer; no alternate unit will be provided solely for pet comfort.
- Residents must ensure their dogs adapt to the allocated residence without encroachment or modification of shared/open spaces.

- Feeding of community dogs must follow AWBI/ABC guidance at designated locations, with hygiene and non-obstruction of pathways ensured.
- Relocation of community dogs is not permitted under the ABC Rules; after sterilisation and vaccination, dogs must be returned to the same location. Coordinate with the Dog Shelter for lawful ABC implementation.
- A house-sitter is not required to bear any costs related to the pets of the original house user (including food, grooming, training, veterinary care, or additional cleaning). If the pet owner wishes specific or particular pet-care arrangements to be maintained, these must be arranged and paid for directly by the owner.

8. Enforcement & Consequences

Violations may lead to:

- Warnings/fines and community restrictions (administrative measures).
- Reporting to AWBI/Local Authority for statutory action under PCA/ABC Rules.
- Criminal liability where applicable (e.g., negligent handling, public nuisance, cruelty under BNS/PCA).

Complaints & Emergencies

- Contact: Dog Shelter/ ASES (Auroville Safety & Security Service)

WC: Anu Legrand, Arun Selvam,
Joseba Martinez, Parthasarathy,
Selvaraj

AUROVILLE SECURITY ANNOUNCEMENT

WA Group

The Auroville Security and Emergency Service team has created a WhatsApp group called "AV Security Announcements."

This group is intended for one-way public awareness announcements related to security and emergency quick updates and it's for all Auroville residents.

We will be sharing the link and QR code below for you to join the group.

Av Security
Announcements
WhatsApp group



Giacomo,
Auroville Security & Emergency Services (ASES)

Community News

Obituary

PASSING OF YOUNG HE

Young He passed away in Marika Home on 3 December.

The Farewell Team,
from Mass Bulletin

IN REMEMBRANCE

of Ricardo Martinez

Sunday, 21 December, 3:30pm,
@ Auroville burial ground in Adventure

In remembrance of Ricardo Martinez who left his body on 26 July 2025 in France, there will be a ceremony on Sunday, 21 December at 3:30pm at the Auroville burial ground in Adventure.

Emmanuel, Ricardo's son will be present, as well as Caroline, Ricardo's partner, and her son Noé.

Help with flower arrangement is most welcome from 2pm.

Caroline

Matrimandir News & Schedules

AMPHITHEATRE

Meditations at sunset with Savitri

5:30—6pm, every Tuesday

weather permitting

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



- **Reminder to all:** The Park of Unity is a place for silence, meditation and inner work and is to be used only as such. We request everyone: please do not use cameras, i-pads, cell phones, etc. No photos.
- **Guests with Aurocard** wishing to attend must book by filling in the form at <https://bit.ly/savitri-reading> one or two days in advance. Please bring your Aurocard with you.
- **Access by Office Gate for the Amphitheater only** from 5:15pm. Guests are requested to bring along their Aurocards. **Last entry for guests at 5:30pm.** Access limited for guests to the Amphitheatre
- **Last exit for guests at 6:15pm.**

Velmurugan for Access team

MATRIMANDIR ACCESS INFORMATION



Access to the Park of Unity

- The Matrimandir, the Petals, the Lotus Pond and the Banyan Tree are areas of silence.
- The Park of Unity is open to Aurovilians and registered Newcomers daily, 6am—7:30pm.
- Aurovilians may bring close family and friends to the Gardens only daily, 9am—3:30pm.
- **Aurovilians bringing children under the age of 10 to visit the Gardens may do so only after 11:30am except Tuesday when they can come from 9—11am.**
- Aurovilians wishing to bring close family to the Gardens at any other time should inform mmconcentration@auroville.org.in before 11am on the day of the proposed visit.
- Registered Volunteers and Donors require a pass to enter the Park of Unity. Timings will be indicated on the pass.
- Published events in the Park of Unity are open to Aurovilians, Registered Newcomers, Volunteers, Pass holders and Guests. Guests should bring their Aurocards.
- Savitri Readings on Tuesday evenings: Guests holding only Aurocards wishing to attend should book by filling in the form at <https://bit.ly/savitri-reading> one or two days in advance.
- Visits to the Park of Unity and Inner Chamber should not be included in the program of any conference or workshop. Participants should be directed to the Viewing Point.

Access to the Inner Chamber of the Matrimandir for Aurovilians, Newcomers and registered Volunteers

The Matrimandir is a place for silent individual concentration.

The Inner Chamber is open to Aurovilians and registered Newcomers:

- Monday—Saturday: 6-8am, 4:30—7:30pm.
- Sunday: 6am—12pm, 4:30—7:30pm.

The Inner Chamber is open to registered Volunteers:

- Wednesday—Monday, 8—8:35am.
- Arrival at 7:45am at the Office Gate.

The Inner Chamber is open to Aurovilians wishing to accompany a maximum of 3 close family members and friends no more than once in two weeks, with booking 3 to 5 days in advance to mmconcentration@auroville.org.in:

- Any day except Tuesday & Sunday, 8-8:35am.
- Arrival at 7:45am at the Office Gate

The Inner Chamber, the Petals and the Gardens are open to the Children of Auroville and the Outreach Schools:

- Tuesday 9—11am.

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

- Tuesday 8—8:30am.

Petals of the Matrimandir

The Petals are open to Aurovilians, registered Newcomers and Pass holders: Daily 7—8am, 5—6pm.

Access to Matrimandir for Visitors and Guests

Matrimandir Viewing Point:

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

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

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

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

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

Security

Please note that it is not permitted to

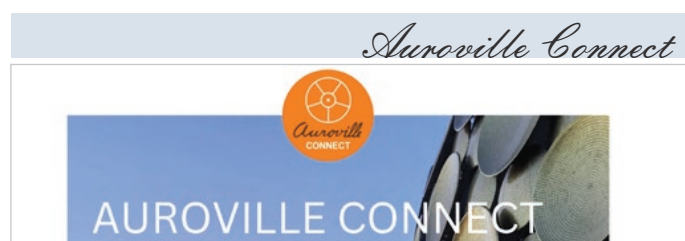
- Swim in any of the ponds, the channel and the Lake except the Children's ponds in the Garden of Youthfulness.
- Throw pebbles into the ponds and fountains.
- Pick flowers in the Gardens.
- Climb to the very top of the Petals.

Parents, please supervise your children at all times.

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

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

Antoine for Matrimandir Executives Team



Please [read December issue of Auroville Connect](#) here

Awakening Spirit

SAVITRI BHAVAN SCHEDULE DECEMBER 2025



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

- **15 December: Pictures of Sri Aurobindo's Poems, Part One**—Painting and Recitation by Huta—Huta stated about her work: "I did the paintings according to Mother's inspiration and instructions. In fact, from time to time she corrected my paintings and never forgot to explain to me in detail the colour scheme." The Mother saw all Huta's paintings and also approved Huta's recitations.

In Part One of the documentary, we hear some lines from 23 poems by Sri Aurobindo and see the accompanying pictures by Huta. From the poem "AHANA—The Dawn of God" (Pondicherry 1910-1920) Huta recites the following passage: "Ever we hear in the heart of the peril a flute go before us, Luminous beckoning hands in the distance invite and implore us."

"Ahana" is a poem personifying the Dawn as a goddess who brings the god-child Sri Krishna to Earth, symbolizing the advent of a new, divine consciousness that will bring joy to humanity after suffering.

A deeply meditative film by Manohar with beautiful paintings and recitations by Huta and music by Sunil. *Duration: 32min.*

- **22 December: Pictures of Sri Aurobindo's Poems—Part Two**—This is another beautiful meditative film by Manohar, illustrated with paintings by Huta. The poems are read by Huta and accompanied with music by Sunil. *Duration: 35min.*
- **29 December: HOME—the Earth:** our home is a miracle and a beauty—The film wakes us up to become more conscious and careful with our beautiful blue home. *Duration: 94min.*

Dream Divine Series

- **4—5pm @ Sangam Hall of Savitri Bhavan**

This initiative is designed especially for newcomers, aiming to provide a deeper understanding of the Aims and Ideals of Auroville, the Life and Works of Sri Aurobindo and the Mother, and the principles of Integral Yoga. The series will feature interviews, lectures, and presentations by Aurovilians and Ashramites through video documentaries and live talks followed by interactive Q&A sessions. A wide range of topics will cover the richness and diversity of Auroville's vision, life, and reality.

- **Friday, 12 December 4—5pm @ Sangam Hall**

To Thee Our Infinite Gratitude. A recorded video interview by Jhumur Bhattacharya.



Savitri Satsang with Narad @ Savitri Bhavan

- **Every Tuesday, 4:30—5:15pm followed by OM Choir, 5:30pm**

In this exploration of Savitri we will study the mantric lines of Savitri with the wealth of definitions from Sri Aurobindo and the Mother.

The Mother's words on Savitri: "Savitri, the Supreme revelation of Sri Aurobindo's vision."



"... Savitri, that marvellous prophetic poem which will be humanity's guide towards its future realisation."

"... all the rest is preparation, while Savitri is the Message."

OM Choir

- **Fridays, 6pm**
@ Ashram School, Pondicherry
- **Tuesdays, 5:30pm**
@ Savitri Bhavan, Auroville

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 a united prayer. All are welcome, no prior singing experience required.

OM is the signature of the Lord.

OM: I implore the Supreme Lord.

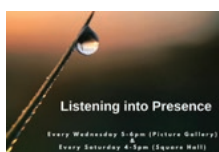


Listening into Presence

- **Every Wednesday, 5—6pm @ Picture Gallery**
- **Every Saturday, 4—5pm @ Square Hall**
- Guided by Misha (Mike).

Through stillness and silence, we will tune into the Presence, noticing its activity in our physical and subtle bodies.

Letting go of our mind and ego automatism we will open up into the deeper automatism that is beyond our doing and thinking. We will seek to enter into a state of receptivity by not doing, getting ourselves out of the way to allow the Consciousness to bring about the right organization and balance of particles and energies.



Talks of Dr. Alok Pandey on Sri Aurobindo's "Essays on The Gita"

- **Wednesday, 4—5pm: 17 December**
@ Sangam Hall of Savitri Bhavan



Guided Yoga Nidra session

- **Every Tuesday 11am—12noon**
@ Sangam Hall of Savitri Bhavan

You are warmly invited to a guided Yoga Nidra session, infused with the wisdom of The Mother and Sri Aurobindo and accompanied by a deeply restorative sound journey.

This is a sacred space for deep inner rest, alignment and receptivity. As part of the practice, we invite you to prepare a Sankalpa—a short, positive sentence that serves as a crystallization of your spiritual aspiration. Please arrive a few minutes early. This allows us to honour the stillness and depth of the practice together.

Things to bring: A yoga mat if can or cushions are available to lie down. Conducted by Sunny and Team

Exploring the Frontiers of Consciousness: Savitri as a Resource for Scientific and Metaphysical Research

Savitri Bhavan, Auroville, invites scientists, philosophers, and researchers worldwide to an online contemplative study of Sri Aurobindo's Savitri. This epic poem offers deep insights into consciousness, evolution, space, and time, calling for exploration not only in literature but in science and metaphysics.

The program began on 15 August 2025, focusing on selected cantos from Part One of Savitri. Bi-weekly sessions will combine guided reflections (via Shraddhavan's recorded talks) with interactive discussions. Participants can choose to contribute actively or simply listen.

Fields invited include Space Science, Evolutionary Research, Quantum Physics, Mathematics, Metaphysics, Neuroscience, and Philosophy.

To register or learn more:

- savtribhavan@auroville.org.in, www.savtribhavan.org



Regular Activities

- **Sundays 10:30—12noon:** Savitri Study Circle led by Larry Seidlitz
- **Mondays 3—4pm:** Finding the soul (Book 7 Canto 5 of Savitri) 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
- **Tuesdays 4:30—5:15pm:** Savitri Satsang led by Narad
- **Tuesdays 5:30—6:15pm:** OM Choir led by Narad
- **Mondays to Saturdays 3—5pm:** L'Agenda de Mère: listening to recordings with Gangalakshmi
- **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
- **Fridays 5—6pm:** Hymn to the Earth (*Bhūmi Sūkta*) from the Atharva Veda—Invitation to a collective sharing by Nishtha.
- **Saturdays 5—6:30pm:** Satsang led by Ashesh Joshi

New Activities:

- **Wednesdays 5—6pm & Saturdays 4—5pm:** Listening into Presence led by Misha (Mike)
- **Tuesdays 11am—12noon:** Guided Yoga Nidra session led by Sunny
- **Exhibitions, Main Building and Office** are open Monday to Saturday 9am—5pm
- **Library and Digital Library** is open Monday to Friday 9am—5pm.

Margrit, Velmurugan & Dhanalakshmi
for Savitri Bhavan

BHARAT NIVAS PROGRAM

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

Monisha

WE BLOOM! TOGETHER

Saturday, 13 December, 4—5:15pm

@ The Mother's Flower Garden, near Solar Kitchen



Give yourself the time and space to play as you learn about the spiritual significance of flowers. A fun and unique way to connect with nature as well as yourself.

- Hosts: Chitra (in Tamil) and Purvi (in English)
- Monthly playtimes and more: [join our WhatsApp group](#).
Purvi, The Mother's Flower Garden

EXPLORE THE MAHABHARATA WITHIN



Since the beginning of 2023, a small group of Auroville residents have been working with Raghu Ananthanarayanan on the "Heartweaving" process and to deepen our work we are exploring a 6-day, residential program called the Mahabharata Immersion in January 2026.

We'd like to know if there are more Auroville residents who'd like to join this program and the Heartweaving process.

- If it interests you, kindly fill this form:
<https://tinyurl.com/avmahabharata>

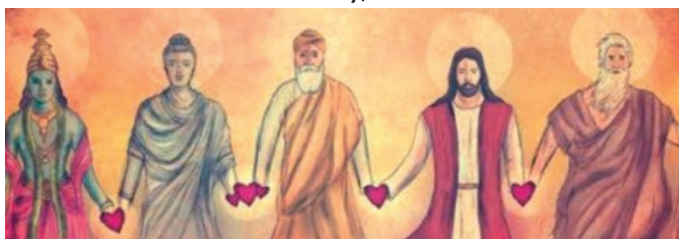
Feel free to share your questions and suggestions on:

- deven@auroville.org.in or
- heartweaving.auroville@gmail.com

Deven

INTERFAITH COMPASSION POD

Started on Sunday, 30 November



Welcome to Join the 'Interfaith Compassion Pod'! In a time when our world feels increasingly fragmented by polarization, digital echo chambers and accelerating change, we invite you to join us in exploring different ways to bring the timeless virtue of compassion into our lives and to weave together a tapestry of collective wisdom with kindred spirits from around the world. It's an online program and Auroville participants can also meet in-person for a deeper connection.

- For online Pod details + sign-up visit:
<https://pod.servicespace.org/apply/interfaith>
- For Auroville meetup, write to: deven@auroville.org.in

Deven

BHAGAVAD GITA CHANTING

- Every Sunday morning
- 7—8am
- @ The Mother's Flower Garden

All are welcome to join the Bhagavad Gita Chanting sessions

For queries: vidyamandir@auroville.org.in

Deven for Vidyamandir Auroville Team



LEARN THE 1008 NAMAS (SACRED NAMES) of the "Divine Mother"

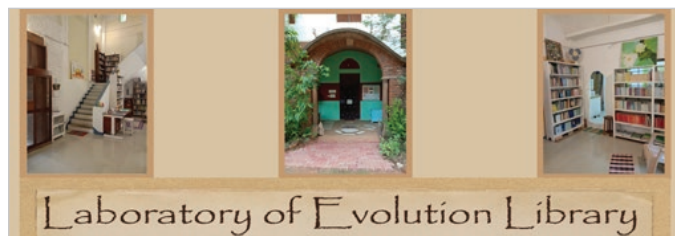
Thursdays, 6—6:30pm @ Buvana's house, Certitude
Dear Devotees of The Mother,

Here is an opportunity to learn the 1008 namas (sacred names) of the "Divine Mother", "Sri Lalitha Sahasranamam" weekly on Thursday evenings from 6pm to 6:30pm at Buvana's house in Certitude Community.

- Please contact Buvana 9443703287

Submitted by Grace

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... etc. 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*

Education

OPEN HOUSE IN DEEPANAM SCHOOL

Wednesday, 17 December

We warmly invite you for the Open House in Deepanam School on Wednesday, 17 December.

Please see details below:

- **9—9:45am:** Performances by students
@ School Amphitheatre)
- **9:45—11:30am:** Visit to the classrooms to look at children's project work

Looking forward to seeing you there!

Mahavir for Deepanam School

KINDERGARTEN OPEN HOUSE

Friday, 19 December, 1:15—2:30pm
and Saturday, 20 December, 9 am—12:30

@ Kindergarten, Center Field



Come to visit all the classrooms and the Painting and the Blocks rooms where the work and photos of the children will be displayed.

Odile

TUITION CLASSES AVAILABLE

- **Tuition classes** available from 1st to 12th grade level in all subjects.
- **Crash course** available for 10th and 12th grade level.
- For further information contact ashree@auroville.org.in/ 8270512606 WA only.

Ashwini

LILALOKA

"A place where play transforms, where joy opens the path."—Sri Aurobindo

Lilaloka is a recreational and resource center for children, dedicated to personal development through play and creativity. It offers both individual and group experiences in a non-competitive, non-judgmental atmosphere, fostering connection between schools, families, and children for their overall well-being.

"Each individual is a special manifestation in the universe; therefore, his true path has to be absolutely unique."

Lilaloka welcomes all children—Aurovilians, guests, home-schoolers, and those with behavioural, relational, or learning challenges. Activities include cooperative games, arts and crafts, nature exploration, storytelling, drama, and more.



Activities 2025–2026

Lilaloka offers both **individual** and **group** sessions, guided by a team of facilitators specialized in various fields of child development.

Nesters:

- **Once a week, age: 0—12 months, parents and babies together.**

A nurturing space supporting early bonding and holistic growth—focusing on trust, emotional well-being, and sensory connection between parent and child.

- **Two times per week (or as per group needs), age: 1—2 years old, with parents**

Sessions that support healthy attachment and conscious parenting, helping parents respond with empathy, presence, and understanding.

Infants' Community

- **Daily mornings, age: 1½–3 years**

A warm, thoughtfully prepared environment inspired by Integral Education, Waldorf, and Montessori principles—encouraging independence, curiosity, and self-discovery through play, movement, and nature.

Free-Flow Mornings

- **Three times per week, open mornings to all children age 5+**

Child-led learning through art, nature play, storytelling, science, and hands-on projects—encouraging curiosity, creativity, and a love for discovery beyond structured schooling.

Afternoon Activities

- **Twice per week, age: 3–6 years**

A holistic space fostering intellectual, emotional, physical, and spiritual growth through play and creative exploration.

- **Once per week, children 6–11 Years**

Focused on developing fine motor skills, creativity, and concentration through arts and crafts.

Occupational Therapy and Individual sessions

- **By appointment**

For both schooled and non-schooled children, in collaboration with parents and educators.

Research and Training

Lilaloka shares its experience through workshops and training programs for students, educators, and researchers—both from Auroville and around the world—with a special invitation to Indian education researchers.

For more information:

- lilaloka@auroville.org.in, 9655519546 WA

Ana, Ritam and Leela

LEARNING SPACE

opens doors for kids

of guests, volunteers and newcomers

Aarambham Learning Space is open for children of guests, volunteers, and newcomers of Auroville.

Learning Space is an initiative of SAIER, offering a space for orientation, integration, and exploration of Auroville before school enrollment.

As well as preparation and adaptation of new students of age from 6 to 12 for the Integral Education model of Auroville schools.

A team of facilitators experienced in arts, personalized academic activities, physical education, awareness fostering is ready to receive new students.

Our additional weekly activities outside and inside of the campus will include visits to Matrimandir, units and communities of Auroville, classes of practical skills, story creation and forest exploration.

- Drop off time 8:15 to 8:45 am
- Pick up time 3:30 to 4:40 (depending on the age of students)
- Lunch and snacks are provided.
- We are able to host 10 to 20 students.
- Standard Auroville schools fees apply.

Aarambham located at the former TLC base camp, near Dehashakti, in the natural surroundings of Baraka forest.

Parents of students are welcome to participate in various ways. For admission/visit, please make an appointment at aarambham@auroville.org.in.



Alexey

SUPPORTIVE LEARNING SATELLITE: SLS TEAM

We are happy to share with the entire Auroville community that the Supportive learning Satellite (SLS) is now becoming an official unit under SAIER. Our service began in 2015 under the umbrella of the Teachers' Center, SAIER.

Currently, we are a team of five facilitators, working with children either in small groups or through individual sessions, depending on their needs. Supportive Learning Satellite offers support to all children, regardless of the educational system they are part of. Our aim is to provide individual attention, continuity, and follow-up.

Specifically, we support:

- Children requiring specialized education and IEP/ICP (Individual Educational or Counseling Plans)
- Students facing specific learning challenges such as ADD, ADHD, ASD, ODD, Dyslexia, Dyscalculia, and other learning difficulties

The support provided may focus on: Academic or behavioral aspects. Referrals for children requiring further medical support or assessment. Advise and help to implement family support. Giving ongoing advice and training to administrators and teachers in Inclusive Education, learning difficulties, and Neurodiversity

- Please contact us: 9655519546, sls@auroville.org.in

Ana and Laura for SLS Team

SATORI: EDUCATIONAL SERVICES

- Physics and Chemistry CBSE grades 11—12;
- Edexcel IGCSE and International Advanced Levels (grades 9—12).
- Mathematics 7—8 grades as preparation to high school science.
- Exam preparation through knowledge and understanding.

Sergei, 9442934078,
satori.auroville@gmail.com

SAMYAG VYĀYĀMA: THE RIGHT EFFORT BY AIAT

AIAT is happy to announce the launch of an initiative *Samyag Vyāyāma* (सम्यग्व्यायाम)—The Right Effort—an initiative where faculty and students engage in community projects in Auroville through their respective fields of knowledge and expertise.



This program enables faculty to continue being practitioners while mentoring students in real-life, hands-on projects that go beyond the classroom. It also provides meaningful opportunities for youth to develop practical skills in their areas of study, while receiving support that helps ease their college-related expenses.

The initiative is supported by a dedicated donation from a well-wisher who believes in learning through service and collaboration. We are currently open to taking up IT-related projects, including web and mobile application development, for Auroville units and services.

- For enquiries, please write to samvya@aiat.edu.in.

Together, let's make the right effort—for learning, for community, and for Auroville.

Amarnath

NOTES FROM SAIIR:

Reflections from collective readings

For the past month SAIIR has been organising collective reading of *Mother's On Education*, on Saturday afternoons. You will find below notes and reflections which emerged from these readings and conversations:

The last two weeks of November were spent exploring the domain of Vital Education, the seat of enthusiasm, power, and enjoyment. We noted that although remarkable progress has been made in the mind and in technology throughout human history, the vital being has remained more or less the same, facing similar difficulties whenever we try to enlist its collaboration in the realization of our ideals.

The higher vital can aspire to what is beautiful and true, but it must be educated. Contact with beauty, heroism, or anything truly inspiring has a refining and ennobling action on it, kindling the aspiration to progress.

The search for satisfaction and pleasure is another area where it becomes possible to show that renouncing an immediate gratification can open the way to a greater, higher-quality satisfaction. These experiences have a real educative effect and allow us to avoid mere lecturing, which seldom works.

The teacher must of course work on their own vital; otherwise, they are not credible. It is always what we are that has the true impact, not what we say.

Rules can be used when they are clearly perceived as serving the shared aim of progress; and the best way to have them accepted is often to involve the children in formulating them.

If we can obtain the joyful collaboration of the vital, we may find the way indicated by the Mother when she said: "It is the experience of life itself that must slowly work out rules as supple and vast as possible, so that they may always remain progressive."

From the start of December we continue this exploration

- each Saturday 2:30—4pm at the Teacher Center, SAIIR with 5 short chapters from *The Synthesis of Yoga*: "Introduction: The Conditions of the Synthesis" anchored by Deepti.

These chapters constitute a summary argument on why Sri Aurobindo finds it necessary to create a synthesis of yoga, on a new basis, which he will go on to present in the next 4 books. The first 3 books are built upon the trimarga of the Bhagavad Gita. The last, *The Yoga of Self Perfection*, is his own 'new' process! 'New' because the aim is transformation and not a withdrawal from life.

Jean-Yves for SAIIR

SRI AUROBINDO AND MOTHER'S THOUGHT

in Last School

Last School is happy to open its doors and welcome all those who are interested in exploring Mother and Sri Aurobindo's works.

If you are interested in being part of this initiative and collective learning exploration please register:

- +447515377896 WA or misha@auroville.org.in



Submitted by Jean Yves

Health Care



Santé

Working Hours

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

Tests and Sample collection

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

For emergencies

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

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

Santé Services Schedule

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

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

MORNING STAR OFFICE OPEN HOUSE

Every Saturday, 10am—12pm

We are happy to announce that the Morning Star office will now be open to the community for an Open House.

You are welcome to drop in anytime during these hours to learn more about Morning Star's work, receive updates on the building progress, and book appointments to meet with the midwives during clinical days.

- The Morning Star office is located @ Arka Guest House (next to the reception).
- For more information, please visit: www.aurovillemorningstar.org.

Savithri for Morning Star Team



CHILDBIRTH AND PREGNANCY EDUCATION

Morning Star offers education to expectant parents about conscious pregnancy, child-birth and parenting. Classes are conducted

- In both English and Tamil
- Every Wednesday, 5—7pm
- @ Creativity—Hall of Light

Classes include gentle body movement, educational topics related to pregnancy including Birth plan, Birth without fear, Stages of labour, Partner role & comfort measures during labour, Breastfeeding, Father's role and Postnatal & newborn care.

We invite all expectant parents—Aurovilians, Newcomers, Volunteers, Staff and couples from the Bio region to join us. If you would like more information or to join the class, please contact Savithri through only +918940571774 WA or email us at morningstar@auroville.org.in

Paula for Morning Star Team



VISIT OF THE TIBETAN DOCTOR, December 2025

This is to share with you that the Tibetan Doctor and the team are visiting us on

- Thursday, 18 December, 2—5:30pm.
- Friday, 19 December, 8:30am—1pm, 2—5:30pm.
- Saturday, 20 December, 8:30am—1pm.



The consultations take place at the Pavilion of Tibetan Culture, International zone.

- To get your appointment: 8489067332 WA only or call 0413 2622401.
- Call during working hours please.

Submitted by Kalsang
for the Pavilion of Tibetan Culture

AURODENT CLINIC

Dr Aravind Anto available at Aurodent Clinic

We are pleased to inform you that Dr Aravind Anto (MDS—Oral and Maxillofacial Surgeon) will now be available at Aurodent Clinic.

He will be providing specialised treatments, including:

- Dental implant placement
- Wisdom tooth extractions
- Other complex extractions

Appointments can be booked directly at Aurodent Clinic.

December offers

Auromode, Auroville.
WhatsApp: 9629199328 - Landline: 0413-2622063
Email: aurodent@auroville.org.in
Working Hours: Mon to Fri: 9:00 AM to 5:30 PM Sat: 9:00 AM to 1:00 PM

Christmas Best Offers
In December
for All Aurovilians & Guests

20% Offer

Teeth whitening
Teeth cleaning
Zirconia crown
Implant

For appointment:

- +91 9629199328 WA, 0413 2622063 landline
- aurodent@auroville.org.in

Working Hours: Monday to Friday: 9am—5:30pm

- Saturday: 9am—1pm @ Auromode

Jayasutha for Aurodent

SERVICES PROVIDED

This is Sruthi, 27 years old, an Aurovilian born and brought up in Auroville. I have completed my Masters degree in Physiotherapy (MPT) and I am specialised in Orthopaedics. I am ready to provide home care visits at your place.



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, Myofascial massage (Head&Neck/ Back)

- Pain is a sign that has to be taken care of.
- Kindly get in touch with me if you need my service.

+91 7904769496 WA, auroshruthi@auroville.org.in

Sruthi Sundaram

FOR DETAILS CONTACT +91 9130084284
PLAY AND SUPPORT GROUP
Ages: 0-2 yrs (with parent/s)

Little Red Feet

SPONSORED BY MORNINGSTAR
Tue & Thu | 2:30-4:00 pm

Tuesday and Thursday, 2:30—4pm
@ Humanscapes Hall

Little Red Feet is a parent-baby play and support group for babies aged 0—2 years.

Each session has a gentle theme, with a joyful space for babies to explore and parents to connect. We also have baby-friendly snacks and tea/ coffee for parents. Join us for a nurturing way to celebrate early childhood together.

Savithri for Morning Star, +91 9130084284

MAATRAM

Addiction Recovery sessions

- Every Tuesday, 3:30—4:30pm @ Maatram, 1st floor, Arka

In addition to our Regular Therapy Sessions, we are adding another weekly walk-in session on Addiction Recovery. These sessions are suitable for any kind of addiction including addiction to substances such as



- alcohol, cigarettes, tobacco, marijuana, coffee, sweets
- and addictive behaviours related to use of:
 - smart phones, social media, video games,
 - eating, porn and gambling.

Clinical Psychologist in Maatram

We are happy to welcome Beatriz to the Maatram team. She is a Clinical Psychologist who brings with her about 30 years of experience in the field.

As Spanish is her first and most natural language, Beatriz will be available and looking forward to offering support for Spanish-speaking community members.

Megha, Raam & Palani

Alcoholics Anonymous
Meeting (open)
every Saturday, 6 pm

Center Guesthouse
Merriam Hill Center

welcome

(Contact: Shankar +91 9442010573 or
Ingrid +91 9443843976)

AUROKIYA INTEGRAL EYE CENTRE

Eye Care Services @ Arka

Aurokiya provides a range of eye care services for Auroville and the bioregion.

Available services:

- Primary & emergency eye care,
- Spectacles & contact lenses,
- Eye Yoga & Vision Therapy,
- Workplace & community outreach eye camps,
- Support for visits to Aravind Eye Hospital

New services:

- Retina imaging,
- Intraocular pressure (glaucoma) monitoring,
- Red Light Therapy for eyes,
- Dry Eye Therapy
- Timings: 9am—5:30pm,
- Contact: 9488005685



Aurosugan & Priyanka for Aurokiya

Festivals

Cripa Events

DIONYSIA: A FESTIVAL OF STORYTELLING

Sunday, 14 December 3:30—7:30pm, @ CRIPA

You're invited to an evening celebrating storytelling. A curated set of poets, painters, sculptors, performers, musicians and more will showcase their works and share how they tell stories through their mediums.

Language:

- Tamil with occasional English.



Laura

CHRISTMAS ANNUAL EVENT for children and adults

Monday, 22 December, 4:30pm @ CRIPA

Come join us for an evening filled with joy, singing, and dancing!

Bring your family and friends to celebrate the magic of Christmas together.

- Enjoy heartwarming performances
- Dance to festive tunes
- Meet Santa Claus—he's waiting just for You!

Let's make this Christmas unforgettable with laughter, music, and cheer.



Laura

CHRISTMAS CONCERT INVITATION

Saturday, 20 December 8pm @ CRIPA

Join us for a joyful Christmas Concert. We've prepared a beautiful program of songs, filled with love and joy, just for you. May this Christmas bring laughter, peace, and cherished memories that warm your heart forever.

Arrive at 7:30pm to enjoy delicious pizza and wraps from Vishnu of Off Grid Bakery before the concert begins.

Shakti, Ludmi, Valerie, Ronny, Henrik, Sam, Simon, Lorenzo



Laura

CHRISTMAS CONCERT

by Auroville Youth Choir

Sunday, 21 December, 7:30pm @ CRIPA



Thank you for joining us in this celebration of Light through Music. We will present carols, folk melodies, and choral treasures from England, Germany, France, America and beyond. Through these songs, we hope to share not only melodies, but also the warmth, joy and stillness of this special season.

The Auroville Youth Choir—forty dedicated young singers—will be accompanied by Caryl on piano and conducted by Núria.

Laura

OPEN CALL TO PERFORMERS:

Auroville's Got Talent

Friday, 12 December, 6:30—8:30pm
@ Yuva Sangha (Kailash)



Join us for an evening of Auroville's own talent, rap, stand-up, live music, poetry, dance, a fire show, and more.

AGT is a warm, lively space where our community comes together to share their expressions and cheer each other on.

Guests coming from outside of Auroville:

- [Please register here.](#)

Gautam Prashast for YouthLink Team

INVITATION

to the Auroville Festival 2026

21 to 28 February

We are pleased to extend a warm invitation to the Auroville Festival 2026, taking place from 21 to 28 February at various venues within Bharat Nivas.

It will be a week filled with moments of meditation, workshops, engaging discussions on diverse topics, and daily performances.

We kindly invite Aurovilians, Newcomers, and Volunteers to contribute some of their time and energy towards the organization of this event, assisting with its various facets.

Please email us with your availability:

- bharatnivas@auroville.org.in

Let us come together to joyfully prepare for this event, which will be part of our celebrations for the most precious week of the year: Mother's Birthday and Auroville Inauguration Day.

Janmejaya and Kamala for
Bharat Nivas Trustees

INVITATION: MARGAZHI MAHOTSAV

Daily, 6:30am, Thiruppavai Pasuram rendition
16 December 2025 to 14 January 2026
@ Savitri Bhavan



We are privileged to invite the community to a month-long celebration of Tamil culture and spirituality.

Special cultural activities:

- **Music:** Revival of ancient Pannisai and the spiritual practice of Nagara Sangeethanam.
- **Art:** Traditional Kolam competition.
- **For Kids:** Creative activities held every weekend.

We look forward to your presence in preserving and performing these cherished traditions.

Uma William

CELEBRATING 30 YEARS of Studio Naqshbandi in Auroville

It's been 30 years since I started practicing in Auroville as a bright-eyed, idealistic young architect, ready to begin an adventure!

And what a great privilege it has been to build and design for and in Auroville. The journey has had its ups and downs—from the joy of seeing a building take shape to often facing challenges typical to Auroville's planning processes... but mostly it has been a humbling experience, one of learning to unlearn and getting to know oneself better.

I have been thinking how to share this moment with the larger community and have the idea to have an OPEN HOUSE of 7 different projects created by me, from 15-20 December 2025.

This way you can have a glimpse into the world of architects and architecture—how a concept drawn as a sketch becomes a built creation and takes a life of its own; of all the different agencies that come into play to birth a building. Our gestation period from the first sketch to starting the construction is typically about 2-4 years if we are lucky!

Following are the buildings and their locations, days and timings. We have got special permissions to show everyone around and the users (in most cases), contractors of the building and our team at Studio Naqshbandi will be present to explain, answer and have some documentation ready for you.

- **Monday, 15 December, 12:30—3:30pm**
Budokan martial arts center—Dehashakti Sports Ground
- **Tuesday, 16 December, 3:30—5:30pm**
White Peacock ceramic studio, Kindergarten campus (entrance opposite Nandanam)
- **Wednesday, 17 December, 3:30—5:30pm**
Morning Star (under construction behind Santé)
- **Thursday, 18 December, 10:30—12:30pm**
Naturellement staff unit (Udyogam)
- **Friday, 19 December, 2—3:30pm**
Utsav second floor—Svaram atelier and Naqshbandi student apartment, (Svaram team will offer a short sound experience)

30 YEARS OF STUDIO NAQSHBANDI		OPEN HOUSE
15 DECEMBER / MONDAY	12:30-03:30	AUROVILLE
BUDOKAN martial arts center		
16 DECEMBER / TUESDAY	03:30-05:30	
WHITE PEACOCK ceramic Studio		
17 DECEMBER / WEDNESDAY	03:30-05:30	
MORNING STAR birthing center		
18 DECEMBER / THURSDAY	10:30-12:30	
NATURELLEMENT staff unit		
19 DECEMBER / FRIDAY	02:00-05:30	
UTSAV second floor		
20 DECEMBER / SATURDAY	03:30-05:30	
DEEPANAM SCHOOL		
ALL ARE WELCOME. NO REGISTRATION REQUIRED.		

- **Friday, 19 December, Studio Naqshbandi, Yantra 3:30—5:30pm.** We will have different physical models of various projects and explain how we function as a creative team and space.
- **Saturday, 20 December, Deepanam School 3:30—5:30pm**

All are most welcome. It is free. (Registration not required)
Mona (Architect, Yantra)

For Your Information

WEB TEAM:

Requesting your community details with photos

The AV Web Services team is preparing/ updating a Auroville settlements page for the Auroville Website.

- Please email:
 - webcontent@auroville.org.in
- for sharing your community details (including the year when it started, significance of the name, etc.) and other background information that will help us represent our Auroville community accurately and beautifully.
- Here is the link to the Auroville Settlements section <https://auroville.org/page/auroville-settlements>

Specifically, we would like to request the following:

- Photographs
- History & Background
- Community Information (type of housing, number of residents)

If there are files too large for email, we will be happy to receive a link to a shared drive (Google Drive, Dropbox, WeTransfer, etc.).

- Or you can fill
 - [Short Google form.](#)

If there are other updates that need to be done for any webpages please email us at webcontent@auroville.org.in

Web Team,
from Mass Bulletin

International

UNITY PAVILION PRESENTS

Unity Pavilion Regular Events

Day Time	Venue	Event Details
Wednesday, 5:30pm	Unity Hall	Sound Bath by Svaram: Experience the gentle power of sound as it flows through you, bringing balance, deep relaxation, and inner harmony.
Thursday, 5pm	Hall Of Peace	Silent Meditation by Pierre: Tune into your psychic self and experience deep inner peace and calm for awakening within.
Friday, 6pm	Unity Hall	The Flow: Chakra Meditation by Sergei & Preeti: Awaken your inner energy and activate your meridians and chakras through sound, mantras, and frequency for deep healing and balance.
Saturday, 10am	Garden	Kids Art Class by artist Janakiraman: A playful exploration of watercolor techniques for children.

By Appointment

- Monday to Saturday

Venue	Event Details
Hall of Peace	Peace Tea Ceremony by Jaya and Isha
Hall of Peace	12 Qualities and the Mother's Symbol by Jaya—A deep exploration of The Mother's Symbol and 12 Qualities that embody the path of inner transformation.
Oneness Hall	Tao of Tea—Sencha Style Tea Ceremony by Isha—A conscious and immersive experience of tea's spiritual and healing power, nourishing both body and soul.

Kids Art Class

- By artist Janakiraman



Tao of Tea—Sencha Style Tea Ceremony



The Flow: Chakra Meditation

Connect with the Source and enter the Flow.

- Friday, 6—7pm @ Unity Pavilion



Through ancient Beej mantras and healing frequencies, this meditation awakens the chakras and opens the meridians, allowing prana to move freely through the body. As the energy flows, it releases emotional blockages, eases stress, and restores balance—leaving you with a deep sense of lightness, harmony, and renewal. Experience a journey of sound and vibration!

Presented by The Unity Pavilion Research Team:

Sergei—Electronic Musician, Specialist in Social & Musical psychology

Preeti—Author, Life coach, and Researcher with 25+ years in Integral Yoga & Human Development

Preeti

FRENCH PAVILION PRESENTS:

@ Pavillon de France, opposite the Visitor Center

Children: Learn French

- Every Thursday, 3:15pm—4:30pm
@ French Pavillion, free

Learn more about French culture and language while doing crafts: gifts, decorations and pastry.

It is open to children, between 4 to 12 years old, interested by learning or practicing French!

You can bring your own pencil case or supplies will be available in the French Pavilion.



Discussions: Le courage

Un rendez-vous en français, ouvert à tous, pour réfléchir ensemble à des questions de société, d'identité ou de sens.



Chacun est invité à partager son point de vue,
Ecouter celui des autres
Et nourrir une discussion profonde,
Dans un cadre bienveillant.

Un espace de parole libre, dans l'esprit d'Auroville : ouverture, respect et quête de sens.

Après les discussions sur la religion et la propriété et argent, cette fois questionnons: Le courage, Rendez-vous ce vendredi 19 décembre 2025 à 17h au Pavillon de France.

Chilpa Dévi

Le Pavillon de France en partenariat avec l'Alliance Française, sont heureux de vous inviter

- Le samedi 20 décembre 2025, de 15h30 à 16h30
Au Pavillon de France

Pour une présentation du dernier roman de l'autrice Chilpa Dévi et une explication du processus d'écriture d'un roman historique.

"Le Tamij Nâdou, une civilisation plurimillénaire, une reine, des guerrières, l'Inde britannique... De Pondichéry à Sivagangai. La romancière franco-tamije, Chilpa Dévi, vous transporte dans une région méconnue du sud, terreau de l'indépendance, à la découverte de l'authentique culture tamoule. Un 3ème roman pour mettre en lumière des femmes-courage qui aspiraient à la liberté et qui ont marqué l'Histoire par leur bravoure. Inspiré de faits historiques."

La conférence est gratuite et en français.

Marie pour le Pavillon de France



Games

Sunday Pétanque

- Every Sunday, 4—5:30pm

Discover or rediscover pétanque, a classic French game of skill and strategy, played by throwing steel balls at a small wooden ball called a 'cochonnet'. Played in teams on flat ground, it requires skill, strategy and precision. Open to all levels, it's a great way to socialize while having fun. Come and share a convivial moment and bond with others in a relaxed and welcoming atmosphere!



Board games:

- **Wednesdays, 4—5:30pm**

French Pavilion welcomes you every Wednesday, 4 to 5:30pm for Boardgames. Come to relax and have fun, meet new friends and test your creative thinking by playing board games at the French Pavilion! For all ages, languages and levels.



Submitted by Vivekan

TIBETAN PAVILION presents

Pavilion of Tibetan Culture: The Library

The Library in Pavilion of Tibetan Culture is open to the public:

- **Monday and Tuesday, 9:30am—12:30pm**

We look forward to seeing you in the Library.



Wednesday Lahkar lunch continues

A weekly Lahkar Lunch is happening on:

- **Wednesday, 12:30—1:30pm**

To reserve your seat: 8489067332.

Last request receive at 5pm on Tuesday evening.

*Kalsang
for Tibetan Pavilion*

Theatre, Music & Arts

BHARAT NIVAS PRESENTS

Shat-tantri Pranam



BHARAT NIVAS
ਭਾਰਤ ਨਿਵਾਸ
The Pavilion of India, Auroville
Presents

Shat-tantri Pranam
Santoor Recital
with
Pt. Snehal Muzoomdar
President of Indian Musicothological Society

Venue: **SAWCHU, Bharat Nivas, Auroville**
06:45 pm, Thursday,
11th December 2025

All Are Welcome

An Ancient Instrument



BHARAT NIVAS
ਭਾਰਤ ਨਿਵਾਸ
The Pavilion of India, Auroville
Presents

**ANCIENT MUSIC ON
AN ANCIENT INSTRUMENT**
RUDRA VEENA RECITAL
by **Dr. Jayanti Kumar Das**
1980 by 2025-2026
Sponsored by: Ashish Kumar
Rudra Veena Support by Prof. Indrani

All are welcome...
06:45 pm, Saturday
13th December 2025
Venue: **SAWCHU, Bharat Nivas, Auroville**

Play Ball



BHARAT NIVAS
ਭਾਰਤ ਨਿਵਾਸ
The Pavilion of India, Auroville
Presents

PLAY BALL
Play Ball, a triple bill of classical Indian dance with live music from
one of the UK's leading choreographers Nino Rojapani MBE

07:00 pm, Sunday,
14th December 2025
Venue: **Sri Aurobindo Auditorium, Bharat Nivas, Auroville**

Bhavaya



BHARAT NIVAS
ਭਾਰਤ ਨਿਵਾਸ
The Pavilion of India, Auroville
Presents

BHAVAYA
TWO ETERNAL FORCES. ONE ESSENCE!

06:45 pm, Wednesday
17th December 2025
Venue: **Sri Aurobindo Auditorium, Bharat Nivas, Auroville**

Concept and Choreography by
Vidhya S & Rashmi Chowdhury
Music: Composed by
Shreyashankar Guruvayur
Lyrics (Hindi) by
Kalavina BHIM
Directed by
Dr CP Umakrishnan

The Divine Chants



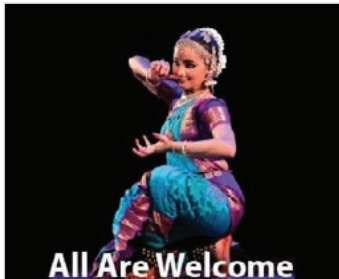
BHARAT NIVAS
ਭਾਰਤ ਨਿਵਾਸ
The Pavilion of India, Auroville
Presents

The Divine Chants
with
Shuchi Om

06:45 pm, Thursday,
18th December 2025
Venue: **SAWCHU, Bharat Nivas, Auroville**

All Are Welcome

Nrityanjali



BHARAT NIVAS
ਭਾਰਤ ਨਿਵਾਸ
The Pavilion of India, Auroville
Presents

Nrityanjali
an evening of Bharatanatyam
with
Aditi Lakshmi Bhat

06:45 pm, Saturday,
27th December 2025
Venue: **SAWCHU, Bharat Nivas, Auroville**

All Are Welcome

The Voice of Bamboo



BHARAT NIVAS
ਭਾਰਤ ਨਿਵਾਸ
The Pavilion of India, Auroville
Presents

THE VOICE OF BAMBOO
A FLUTE CONCERT IN THE CARNATIC
TRADITION EXPLORING RAGAS ACROSS
THE INDIAN SUBCONTINENT

07:00 pm, Sunday
28th December 2025
Venue: **Sri Aurobindo Auditorium, Bharat Nivas, Auroville**

A Carnatic Flute Concert by
Srikar Satish
Madhavan by **Rajan Pillala** Written by **Pranay Praveen**

Monisha

EXHIBITION:

As in the Great, so in the Small



As in the Great, so in the Small
Fractal mountain landscapes printed from granite boulders and tree bark.

Mountain Landscapes
by **Birgitta Volz**
Opening 07 DEC 4.00 PM

07 DEC 25
to
27 JAN 26

UNITY PAVILION International Zone, Auroville
MONDAY - SATURDAY 9:30 AM to 6 PM

Scan for location

7 December—27 January

@ Unity Pavilion

Opening: 7 December, 4pm

Developed during Birgitta Volz's recent residency in Latvia, this new collection includes prints taken directly from large granite boulders- once part of a mountain range long before our time—alongside tree-bark impressions that reveal nature as a living archive.

We warmly invite you to the exhibition!

Priya for Unity Pavilion

OPEN CALL

for Exhibitions, Activities, Artist Residencies



Every year Centre d'Art organizes art exhibitions, workshops, collective projects, lectures, activities, and invites an artist for a two-month residency.

- **Application deadline is 31 January 2026**

Here you can find the info:

- for Exhibitions and Artist Residency:
<https://centredart.in/artist-residency-auroville/>
- for Activities:
<https://centredart.in/activities-open-call/>

If you need more info please send us an email:

- centredart@auroville.org.in

Marco for Centre d'Art team



RESILIENCE

by Marie-Claire Barsotti

28 November—17 December 2025

@ Centre d'Art Auroville

Opening on Friday, 28 November, 4:30pm



- Tuesday—Friday, 2—5:30pm
- Saturday, 10am—12:30pm, 2—5:30pm
- Morning by appointment

For Marie-Claire, the artistic act is a living alchemical process, through which a transformation takes place in the creator and its creation simultaneously.

The time had undoubtedly come to let go of the certainties of the past and venture down unknown paths. To show resilience, to surrender. She used the destruction wrought by the insects to rebuild.

For nearly two years, she created, with Mother's words and her intuition, her own colours and shapes, poetic and shimmering collages like butterflies emerging from their chrysalis.

In a second stage, the Matrices were born, representing a synthesis of the path travelled, an integration of the infinite realities of the world.

Dominique Jacques 2025

Submitted by Marco

EXHIBITIONS IN PITANGA

Meet the Artist

- Saturday, 20 December, 2—4pm @ Pitanga

On the final day of the exhibition Hindu Gods—Forms of the Great Goddesses

by Beatrix Rother-Schwerdtfeger

- 28 November—20 December, Monday to Saturday, 8:30am—12pm & 2:30pm—5:30pm

This exhibition presents the many faces of the Divine Mother in the spirit of Integral Yoga: Radha, Durga, Kali, Shiva-Shakti, and a special painting inspired by Beatrix' Gurudeva's dancing feet.



In this informal "meet-the-artist" moment, Beatrix will briefly share the inner meaning behind the works and the consciousness they express.

Visitors can ask questions, reflect, and simply enjoy the atmosphere. All are warmly welcome.

Touch Wood by Adil Writer

- 26 December 2025—24 January 2026, @ Pitanga Monday to Saturday, 8:30am—12pm & 2:30pm—5:30pm
- Exhibition Opening: 26 December 2025, 3—5pm

Touch Wood brings together salvaged carpentry beams—rescued from Auroville workshops and weathered by South India's monsoons, sun, and wind—with pristine white porcelain forms, soda-fired in Dana at Studio Mandala.



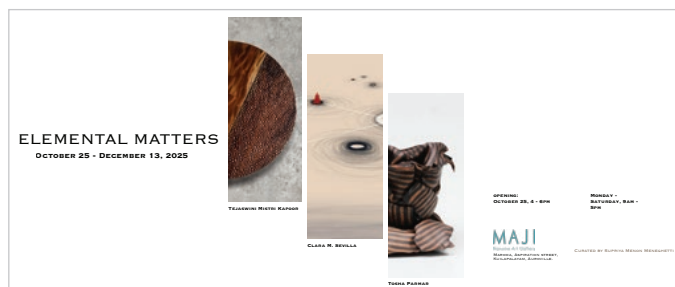
These weathered timbers, meet porcelain surfaces stamped with ancient scripts, or scribbled with text from Savitri, creating a dialogue between what one salvages, and what one creates.

Following The Mother's observation that nothing is ugly if it finds its rightful place, these works celebrate the marks of transformation where opposing natures rest in unexpected harmony, "...the sun-eyed children of a marvellous dawn."

Aandamayi

ELEMENTAL MATTERS

@ MAJI, Maroma, on show till 13 December



Viewing hours: Monday—Saturday, 9am—5pm

Elemental Matters brings together three distinct artistic practices—two architects and a graphic artist—each working with a different material: wood, ceramics, and digital media. Presented at MAJI, this exhibition explores the fundamental forces of nature as expressed through form, process, and material. I am excited to present this harmony of diversity—three unique voices engaging in a shared conversation through their chosen mediums.

Supriya Menon Meneghetti,
curator, MAJI

KOOKURAL

Saturday 13 December, 7:30pm @ CRIPA

Kookural is an experimental verbatim theatre piece built from survivor testimonies and legal records of the 2011 Keezsathamangalampet violence.

It exposes the gap between lived experience and institutional language, using silence, fragmentation and repetition to question how we listen—and what it means to witness.

- Dramaturgy, design & direction by Balasubramanian.G
- For more information contact: +91 9092179209 WA

Laura



EXIBITION: THE WHITE DRAGON

November 2025 onwards @ Aurelec

The White Dragon: Artwork by Carla Lee Morrow

Dragons are beautiful, wise, open-hearted etheric beings of the angelic realms who are sent here by Source to assist us. They are elementals, so they do not have all the elements in their make-up. They can be composed of earth, air, fire or water, or a combination of any three of them.

They operate on a different vibrational frequency from us, which is why most of us can't see them, but they are very willing to connect with us if we are ready to tune in to their wavelength. Dragons really love this planet and everyone on it, and are pouring onto Earth now to help us with the transition to the new Golden Age.

For aeons psychic artists have drawn or painted dragons with remarkable consistency. What we see in dragon pictures is exactly what they look like!

Because they are of the angelic kingdom, with open, generous hearts, they have wings, for etheric wings are extensions of the heart centre.

Dragons can protect and care for us, be our friends and companions and help in a myriad of other ways.

They can physically clear lower energies round us and travel with us at night if we go through the astral realms. This means they can burn up frightening emotional memories so that we don't have to experience them again. By day, they can move in front of us, clearing and lighting up our path. They can help us to flow round challenging situations and people or they can transmute lower energies before we reach them. They can inspire us and ground our visions.

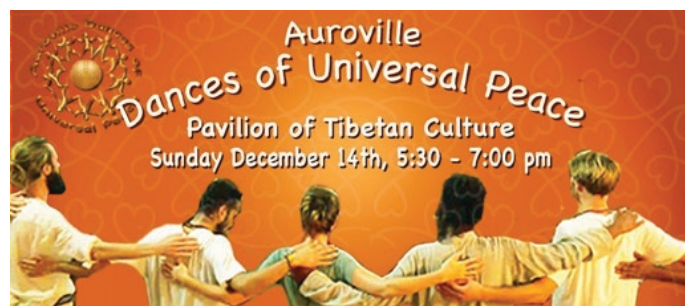
Franz, Aurelec, Prisma



Dance Activities

DANCES OF UNIVERSAL PEACE

**Sunday, 14 December, 5:30—7pm
@ Pavilion of Tibetan Culture**



Louise Rose

DANCE CLASSES BY MANI

Tango Dance Evenings @ CRIPA

- **Tuesdays & Thursdays 7pm @ CRIPA (Small Room)**

Discover the beauty of Tango—a dance of connection, rhythm, and emotion. Move with grace, balance, and awareness in a joyful and welcoming space.

- Please register before coming (registration only).

Bring your socks and water bottle.

- Aurovilians & Newcomers: Free/ Donation-based
- Guests & Others: Contribution welcome

Let's share the magic of Tango, connect through music, and grow together in movement and harmony.



Salsa Dance Classes @ CRIPA

- **Monday & Friday—7pm @ CRIPA (Small Room)**

Join us for fun, energetic salsa sessions—dance, move, and enjoy the rhythm together!

- Please register before coming (registration only).

Bring your socks and water bottle.

- Aurovilians & Newcomers: Donation-based
- Guests & Others: Contribution welcome

Let's share the joy of dance, connect with positive energy, and keep improving.

8637633696, Mani



NEW REGULAR SESSIONS OF DANCE FOR CHILDREN

@ New Creation Dance Studio!



We offer classes for almost all age groups:

- **Toddlers' dance initiation** from 4 to 5 years old, every Monday, 2:30pm
- **Children' ballet class** from 6 to 8 years old, every Saturday, 9:15am
- **Tweens' ballet class** from 10 to 12 years old, every Saturday, 10:30am

Contact Fleur for enquiries:

- +91 9600225764

Fleur

AUROVILLE TANGO

@ Harmony Hall, Bharat Nivas

- Monday, 8pm: Introduction to Tango
- Wednesday, 7:30pm: Practica
- Friday, 6:30pm: OpenSource
- Saturday: Bi-monthly Milongas

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

+91 9821166082, tango@auroville.org.in,

Aurevan



3-MONTH GARBA IMMERSIVE



Tuesdays, 4:45—6pm. Limited slots

After our 3-month Garba Immersive that was so beautifully received, I'm thrilled to say... we're starting again!!

We will focus on starting with simple steps, exploring nuances, deepening body awareness, understanding movement flow and finally bringing it all together with grace and joy in a choreography.

- Contribution required, more details on sign up

Megha, 8870730567,
WA message only

BHARATNATYAM DANCE CLASSES

**Saturday, 10am—12pm, Sunday, 3—5pm
@ SAWCHU**

My name is Caveri Suresh, I'm a Bharatnatyam Dance teacher for 27 years. I would like to share and teach my art form with you all. Dancing was always my great passion. Through the years, I became a skilled professional Bharatnatyam dancer. This form of traditional South-Indian dance art I would like to share with our community from all over the world.



Education: Here are my following education to teach this dance form:

- BPA (Bachelors in Performing Arts)
- MFA (Masters in Fine Arts)
- Tanjore Tamil University TDT (Teacher's Training in Dance).

I would like to offer this class to Beginners, Intermediate and Advanced students.

I am already conducting my dance class in Bharat Nivas. This class is an offering for the community; if you feel to make a contribution it is most welcomed. I have taken my students on trips where they experience performing in different venues and famous temples around Tamil Nadu and I intend to continue this. The first class starts this Saturday.

Caveri Suresh, Diya Dance Studio

Theatre, Music & Art Activities

UPCYCLING STUDIO MORNINGS IN DECEMBER

**Tuesday 2, 9, 16, 23, 30, December, 10am—1pm
@ Ok Upcycling Studio, ReCentre**

- Discover the fundamentals of upcycling

Open Studio Mornings in December
Tuesday 2, 9, 16, 23, 30 from 10 AM to 1 PM

- Discover the fundamentals of upcycling
- Tour the studio
- Purchase or place orders for upcycled items
- Join our "Make Your Own Upcycled Item" workshops

Come explore, learn, and get inspired!

Location : Ok Upcycling Studio, ReCentre
Tel : 6384043908

- Tour the studio
 - Purchase or place orders for upcycled items
 - Join our "Make Your Own Upcycled Item" workshops
- Come explore, learn, and get inspired!
- Tel: 6384043908

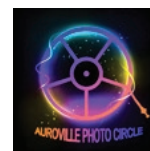
Veronese Robin

PHOTO CIRCLE MEETS AGAIN

Friday, 12 December, 5pm

@ Centre d'Art multimedia room, Citadines

The Photocircle brings together Auroville's photographers and amateurs.



We share our own work, show the work of global photographers we admire, discuss the history of photography, and share techniques. Anybody can bring and screen a small selection of images. Everybody's welcome.

Marco

BASIC ANALOGUE PHOTOGRAPHY

Darkroom Workshop by Sasikanth Somu

18—19—20 December

@ Centre d'Art Gallery, Citadines



Program & Timings:

- **Thursday, 18 December, 2—5pm:** Brief look at History of Photography & Introduction to Film Camera.
- **Friday, 19 December, 9am—2pm:** Film photo shoot (in your own time), 2pm—5pm: Develop your roll of film.
- **Saturday, 20 December, 9am—12:30pm & 2—5pm** (one can choose either of these sessions): Printing Contact Sheets & Photos in the darkroom.

Registration Contact: centredart@auroville.org.in

Participants are required to be present for all three days.

The workshop fee for Guests: Rs.3000 incl. GST. The workshop is free for Aurovilians, Newcomers and registered volunteers, who are residing in Auroville. Registered Volunteers are requested to provide the details of their registration with SAVI Auroville. If a non-paying participant is unable to attend all three days of the workshop, he can finish the remaining days the next year only.

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

Regarding the Analogue camera and any specific questions about the workshop please write directly to the teacher, Sasi sasi@auroville.org.in, +91 9159355809 WA

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

Sergey, Centre d'Art

CREEVA: CENTER FOR RESEARCH

Education Experience in Visual Art

Weekly Art Workshops & Sessions

- **Watercolour Painting Workshop by Sathya**
 - Every Monday, 5—7pm.
 - **Life Model Drawing Session:**
 - Every Tuesday, 5—7pm.
 - **Live Portrait by Sathya:**
 - Reach out to schedule a session.
 - **Open Studio:** A space for everyone to explore their artistic potential: Every day, 9am—5pm,
 - Contact Abi: +91 82206 12413
- For info contact Sathya: +91 9486145072**
- sathyacolour@auroville.org.in



Sathya for CREEVA Art Studio, Creativity

SVARAM ACTIVITIES

Sound Healing Session

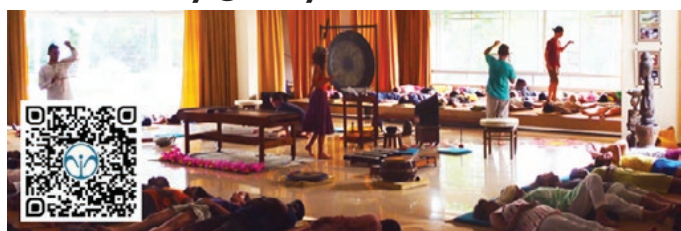


This 45-minute Sound Healing Session is designed to help you reconnect with your natural state of well-being. It offers a supportive impulse for self-healing and balance, guided by a certified sound practitioner.

By Appointment Only

- Available Sessions:
Solo, Duo or Group
- For details and booking: Scan the QR Code or <https://svaram.org/sound-healing-sessions/>

Sound Journey @ Unity Pavilion



We are back for our 2025—2026 Season!

- Every Wednesday,
5:30—6:30pm
- For details and booking: Scan the QR Code or <https://svaram.org/sound-journey-unity-pavilion/>

Sound Garden Tour



These unique spaces invite people of all ages to reconnect with themselves, nature and sound.

- Monday—Saturday,
10:30am—4:30pm,
- Sunday, 10:30am—12:30pm
- For details and booking: Scan the QR Code or <https://svaram.org/sound-garden-art-installations/>

Aurelio for the SVARAM Team

Sports & Martial Arts

MOVING MEDITATION: Tai Chi & Qi-gong

Taichi is the art of change. Learning how to drive your energy. It is a mental & physical training method.

- Every Monday & Tuesday
5:15—6:15pm
@ Budokan, Dehashakti

Facilitated by Jiseong Park.

Contact: +91 7094339490 WA



Jisung for Youthlink

16TH EDITION

of Auroville Marathon

Run for the joy of running!

Dear Community Members and Runners, we are happy to announce that preparations for the 16th edition of the Auroville Marathon 2026 are well underway.

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

Mark your calendars!

- **Auroville Marathon:** 8 February 2026
- **Online Registration:** Opens on 15 November 2025 and closes on 31 December 2025
- **To register online,** please visit: <https://www.aurovillemarathon.com/register/>

For Auroville Community Members and Residents of the Bioregion:

- The registration fee is waived, but a coupon is required to participate.
- To obtain your coupon, please send an email with your details to marathon@auroville.org.in, and we will share the coupon with you via email.
- Alternatively, you may visit the Saracon Office between 10am—12pm and 2—4pm to collect it in person.

Once you receive the coupon, you can complete your registration for the Auroville Marathon 2026.

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

We eagerly look forward to your participation and support in making this marathon another resounding success.

Saravanan & Manikandan



Auroville Marathon
RUN FOR THE JOY OF RUNNING - 2026

ABHAYA MARTIAL ARTS



Abhaya Martial Arts is proud to have trained over 700 students of all genders, ages, and experience levels. We've hosted expert coaches and black belts of many martial art styles, and introduced our students to a vast range of transformative practices. Our team has participated in national competitions and begun awarding official belts and degrees recognized by the Shou Dao School—a martial arts academy acknowledged by the Olympic Committee.

Regular Adult Classes, 5:30pm:

- **Monday:** MMA/Grappling with Coach Giacomo
- **Wednesday:** MMA/Grappling with Coach Giacomo
- **Friday:** MMA/Striking/Self Defence with Coach Tanguy and Coach Giacomo

Please note: Contribution required

- Be punctual
- Short nails, sportswear, and no jewelry
- Stay home if you're unwell or have open wounds

For updates and participation, message us:

- +91 94873 40778



Abhaya Martial Arts Academy

Abhaya Martial Arts Academy is proud to share with you an exciting upgrade that will soon take shape.

For more than ten years, Abhaya has been active in Auroville with regular martial arts classes. The Academy was founded as the Indian branch of the Shou Dao School, where Shou Wu is practiced—a system that integrates internal martial arts and self-defence, while also engaging in MMA, the most demanding testing ground to guarantee real martial progress.

In addition to teaching children and adults—and accompanying some of them to important tournaments—Abhaya has been responsible for the training of the First Responders of the Security, and has long-standing collaborations with few NGOs, supporting orphans, underprivileged women and survivors of human trafficking. Some of these women, after six years of training, have become instructors themselves.

Thanks to the excellent results achieved and the constantly growing number of students (up to 80 last month!), Abhaya is now ready to begin a new adventure, collaborating with highly skilled instructors—masters of Muay Thai, Shou Dao, BJJ and Boxing—offering even more classes and opportunities to learn not only how to defend oneself and understand one's own body, but also how to transmit this knowledge to others.

Starting from January, Abhaya will adopt a new belt system, and will open a clearer pathway for students and instructors to grow within the Academy.

And soon more exciting news will be shared.

- For more info contact us at abhaya@auroville.com

<https://abhayauroville.wordpress.com/>
<https://www.instagram.com/abhayauroville/>
 Giacomo for Abhaya



AIKIDO CLASSES

@ Auroville Budokan, Dehashakti

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!

Changes regarding Aikido activity

Monday to Friday:

- Adult class: 6—7:30am
- Children class: 3:50—4:50pm

Saturday:

- Advanced: 6—8am
- Weapon: 8—9am

We also started a new activity named **Aikitaïso** it's a body practice based on Zen movement and Aikido body preparation. Perfect for everybody who wants to feel more grounded.

- Monday to Friday: 8—9am
- Friday: 5:15—6:15pm
- Saturday: 9—10am

8300643963 WA, Philippe G.
 9952812843 WA, N. Murugan,
 + 33622053932 WA Michaël B.



BHARAT NIVAS PRESENTS

Kalaripayattu Regular Class

- Monday to Friday
 - Morning: 6—7am, Evening: 5—6pm
- @ Bharat Kalari, opp. Sri Aurobindo Auditorium



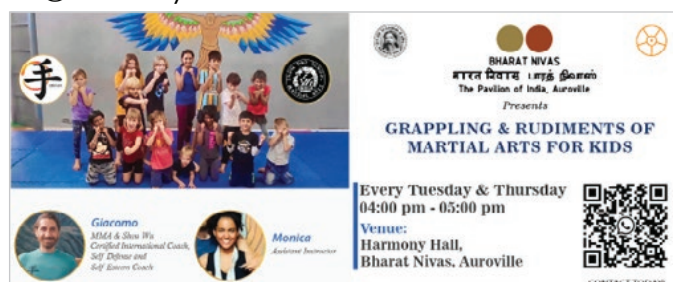
Regular Silambam Class

- Wednesday & Saturday, 5—6pm
- @ SAWCHU



Grappling and Rudiments of Martial Arts for kids

- Tuesday & Thursday, 4—5pm
- @ Harmony Hall

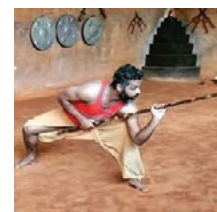


Monisha for BN Team

KSHETRA KALARI

@ Aspiration Sport Ground

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



Maneesh

THE ART OF CHI: Stevanovitch Method Classes with Hans

Tai Chi Quan & Chi

- @ Dehashakti outside
- Tuesday and Friday, 6:30—7:45am
- Body awareness & Relaxation
- @ Budokan Dojo, Dehashakti
- Wednesday, 5—6:15pm

For more info: 8110848123 WA.



Submitted by Hans

SWIMMING CLASS

Learn to swim or improve your skills with personalised training in a calm and supportive environment. Classes are open to both adults and children (from 6 years old). What We Offer:

- Individual lessons—one-on-one personalised attention
- Small group sessions—only 2 to 3 people per class

All levels welcome, from complete beginners to advanced swimmers. Special focus on comfort, confidence, and technique. Limited spaces available to ensure quality and care for every participant.

- Location: Auroville, Flexible timings available

Dive in and discover the joy of swimming—safely, confidently, and at your own pace. **8637633696, Mani**



MORNING SWIMMING CLASSES FOR CHILDREN

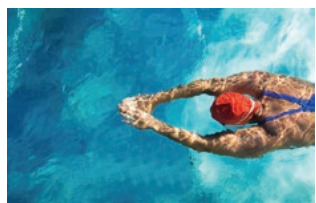
Limited spots available!

Tuesdays & Thursdays, 6:30am—7:30am @ La Piscine

- Group classes for Aurovillian kids aged 11 to 15 years
- Safe and fun environment with professional guidance

Build confidence, improve technique, and enjoy the water!

- To enquire:
+91 8940 288090 WA



Sonia and Ana

AUROVILLE FUTSAL/ FOOTBALL CLUB

Futsal is played on a much smaller court, it is more fun and intense, with more opportunity for goal scoring.

We play futsal in Dehashakti.

If you like football/ futsal and you want to learn, play and have fun, come and enjoy with us!



Girls all age/ level are playing

- Mondays and Wednesday, 5pm
- Please contact Balaji:
8940224950

Boys 16yo+ are playing

- Tuesdays and Fridays, 5pm
- Please contact Beber
638563 5943



Submitted by Beber

Bioregion & Nature Activities

ENLIGHT
Light of Auroville

Contact: Arun / Balaji
+91 88381 72521 / enlight@auroville.org.in

Explore Auroville

Bioregion Tour

Art & Craft Workshops

Fireside Drumming

Cycle Tour

Cooking Class

Arun, Anand and Balaji for Enlight Team

LEARN TO BREW

your own kombucha at CLC!

Coffee Ideas Workshop

Saturday, 13 December, 10am—12 noon

Location: Above the Café

Book:

- Mail: admin@coffeeideas.in,
- Call: +91 8148660246
- Walk-in: You can also simply arrive 10 minutes early and join the session.

Join us for a fun and hands-on session where you'll learn the foundations of fermenting your own delicious drinks. Perfect for beginners and fermentation enthusiasts alike!

What We'll Explore

- **Basic Kombucha Brewing**—Understand the essentials of fermentation and how to care for your SCOBY.
- **Tepache**—Discover this refreshing, pineapple-based Mexican ferment.
- **Fruit Sodas**—Create naturally fizzy, flavourful drinks.
- **Christmas Kombucha**—Brew a festive, aromatic batch infused with warm seasonal spices.

Festive Christmas Kombucha

Wrap up the session by brewing your own holiday-inspired kombucha, filled with comforting scents of cinnamon, cloves, citrus, and other winter spices—perfect for sharing or enjoying during the Christmas season. Come, create, taste, and take home the joy of fermentation!

You will take home plenty of inspiration, being part of a fermentary club and a SCOBY.

- There is a booklet optional also.

Matilde and Nithya

INSIDE INDIA ACTIVITIES

Workshop: The Integral Yoga of Sri Aurobindo and The Mother with Ela Thole

- 13 December 9am—12:30pm
@ Inside India Office, Kalpana

Contact us to book your spots:

- info@insideindiaauroville.org, contributions apply



Kolam Tamil Art Workshop: Fridays, 10am—12pm

Inside India is excited to announce our Kolam Workshop. Join us to learn and experience the traditional South Indian art of Kolam, where intricate patterns are created with rice flour, blending creativity, culture, and mindfulness. Open to all skill levels.

Auroville Bio-Region Tours by Inside India

Join our tours as we take you through the powerful, ever-evolving Auroville bio-region. Catered to your niche and interests; explore where forests are still growing, communities are still dreaming, and where the land speaks if you listen.

- Tours run from 10am—3pm, with a hearty Auroville-style lunch. Available only on request, with a 24-hour heads up.

Cycle Tours through Auroville

Ride into the green lungs of Auroville on our newest bicycles partnered with KINISI. Muddy red earth under your wheels, rain-washed trees above you, sound of birds, forest winds and chance detours, explore this slow travel at its finest. Timings are 10 am to 3pm. Please book 36 hours in advance.

Off-Road Cycling & Half-Day Rides

For those who want to go off-script; we now offer off-road rides with our seasoned cycling guide. These are wild, custom-built trails cutting through fields, villages, forests and backroads of the bio-region. We tailor it to your stamina, spirit and sense of adventure. Available on request, with a 36-hour heads up.

Shaheen

ACTIVITIES AT AUROORCHARD

Weekly Farm Walk

AuroOrchard is Auroville's oldest farm, founded in 1968-69 under the guidance of the Mother with the vision of "growing food for Auroville." Spread over 25 acres of red earth on the eastern coast of Tamil Nadu, AuroOrchard has been a cornerstone of Auroville's food system for more than five decades.

Today, we produce over 50% of the fruits and vegetables and 90% of the eggs from Auroville farms.

We grow a diversity of crops—mangoes, papayas, bananas, guavas, citrus, roots and tubers, leafy greens, vegetables, and herbs—alongside a small poultry that provides eggs. Each year, these fields and orchards yield several tonnes of fresh food, much of it flowing directly to Auroville's kitchens and residents. These numbers are never the measure of the work, but rather quiet signs of the farm's steady rhythm of care and abundance.

Join us for a stroll through these orchards and vegetable gardens and learn about the agroecological techniques that we practice at the farm.

- Every Wednesday, 10am—12pm.
- Registration required, [sign up here](#).



CSA baskets

Auro Orchard's Basket System is a community-supported program that allows customers to select fresh, seasonal produce such as fruits, vegetables, greens, herbs, eggs, nuts, and Abundance; farm-processed products like pesto, syrups, and nut spreads from a weekly updated harvest list. Members place their orders based on seasonal availability and collect their chosen items directly from the farm or from the pick up points inside Auroville.

- Please [sign up for the baskets here](#) to get added to the list.



Volunteering

Spread over 25 acres, AuroOrchard is Auroville's oldest farm producing a diversity of fruits and vegetables and eggs that are supplied directly to Auroville's kitchens and residents.

Join us to learn to work with the soil, plants and food while sharing with a diverse group of people.

We offer a welcoming environment for learners, researchers, and seekers who wish to help us and learn more about the land, food, culture, and themselves.

- Monday to Saturday, 7—9am and/ or 9:30am—12pm.
- We offer breakfast made with farm produce!

Link to [sign up for volunteering](#) here.

Anshul



SADHANA FOREST: PLANT BASED SATURDAY

Every Saturday

Join us for a day of connection, learning, and delicious plant-based food! Whether you're curious about sustainable living, enjoy spending time with cows, or want to explore new recipes, we'd love to have you with us.

Schedule:

- 09:00 Breakfast
- 10:00 Cow Connection
- 11:00 Plant-Based Cooking Class
- 12:30 Talk on Diet & Nutrition
- 18:00 Dinner

You're welcome to join for the whole day or just a part of it, all offered to you as a gift from Sadhana Forest free of charge.

Aviram

SOLITUDE FARM ACTIVITIES

Saturday Free Farm Tour!



Be a part of a weekly farm tour to learn where your food comes from. Free guided farm tour only **on Saturdays, 11:30am**. For the larger group (5+) and private bookings, there is a separate charge.

- Please email us at: solitudepermaculture@gmail.com

Education at Solitude Farm

It is all about reconnecting with local food. Local food is our nutritional heritage and at Solitude we help bring awareness and adoption of locally grown produce in our daily lives. Workshops at Solitude:

- **3 days Intensive Permaculture Weekend Workshop**
 - View schedule and book here: <https://solitude.farm/workshop/>

Join us on a road back to nature with this intensive and hands-on workshop that will empower you to start growing your own food and gain insight into knowing where your food comes from. Explore the principles of permaculture; mulching, rotations, intercropping, understand the steps to create a food forest, start a nursery, make your own soap and recycle your waste water, learn about seed saving and lots more.

- **Mini Permaculture Workshop**
 - Please email us: solitudepermaculture@gmail.com for the booking.

We offer mini permaculture workshops as private bookings for the group size 4 + participants. Duration: 2 hours. The group can select any workshop module mentioned below.

- *Introduction to permaculture through local food:* Solitude Farm is a true example of Masanobu Fukuoka's philosophy in practice—a road back to nature through eating local food. In this workshop explore the wide diversity of plants that grow around us, their countless benefits, and delectable taste and even learn how to make your own vegan sushi, salad and coolers!
- *Handmade Soap-Making:* By revaluing papaya seeds, neem flowers and soursop leaves, create your own natural soap and recycle waste water to grow your own food. We'll show you how to pack your soap in banana leaves and inspire you to cut out packaging with simple, creative ideas. The soap is yours to take away!

Farm Fresh Basket Service

A long term commitment to your health! A weekly basket filled with a rainbow of seasonal fruits and vegetables, along with a unique salad kit to ensure a complete nutritional package. This basket is available to anyone from the bio-region. Pick up your basket from the cafe—Mondays, Wednesdays or Fridays.

- Please email us at solitudepermaculture@gmail.com to book your basket.

Lunch Scheme @ Solitude

Experience a wholesome lunch scheme at Solitude Farm—freshly prepared straight from our farm every day. Enjoy traditional grains such as millets and red rice, heritage greens like local spinach, and a variety of seasonal fruits and vegetables rich in Ayurvedic benefits. All food is grown without chemicals and follows time-tested methods that have supported communities for generations.

If you're passionate about sustainability, looking to reduce your carbon footprint, or want support in managing lifestyle conditions such as diabetes or high blood pressure, this lunch is designed for you. Set in a tranquil, scenic space, this is more than just a meal—it's a chance to reconnect with your roots.

Come, eat well, and feel well.

- **Booking:** solitudepermaculture@gmail.com

Krishna
for the Solitude farm & café

FROM GARDEN WISDOM TO LIFE DESIGN, from Soil to Soul



An Introduction to Permaculture & Human Permaculture Workshop.

Nature has spent 3.8 billion years perfecting the art of collaboration, resilience, and abundance. Now it's time to learn her secrets and apply them to your own life!

If you would like to discover how observing nature can guide us in creating thriving ecosystems and human organizations, join us in JOI—Anitya!

What to expect?

Morning Theory:

From Garden to Life Design, 9am—12pm

- Decode the 3 Ethics that govern all thriving systems (Earth Care, People Care, Fair Share)
- Discover how observing Nature can guide us in creating fair, resilient and balanced human organizations
- Learn how to apply some principles that turn problems into solutions
- **Extra:** Bernard Alonso's revolutionary "Human Permaculture"—discover your natural niche and how to design your life using nature's patterns

Afternoon Hands-On:

Garden Practice, 4—5:30pm

- Get your hands dirty! Apply permaculture principles in reality
- Learn practical techniques
- See theory come alive through direct action in nature

Your Date

- **Saturday, 6 December**

Choose Your Schedule (join for one or both) :

- Morning Theory: 9am—12pm
- Afternoon Practice: 4—5:30pm

Practicalities

- No experience needed
- Free for AV, NV & volunteers/ 250 INR contribution for guests
- Location: Anitya Community, Center Field (Follow the Anitya signs) in Maloka Hall

Ready to Transform?

Contact Camille: +33 677793514 WA

Mathilde

WELLPAPER WORKSHOP

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.

Wellpaper:

- +91 9385744722, 0413 2969722



Viji

AUROVILLE BAMBOO CENTRE

www.aurovillebamboocentre.org

December 2025

Join our daily guided tours and enjoy a complimentary cup of refreshing bamboo tea. Explore and shop for unique, handcrafted pieces at our Bamboo Boutique, and experience the natural rhythms of our Bamboo Sound Garden.

Bamboo tour with bamboo tea

- Monday—Saturday
8:30am—12:30pm, 1:30—5pm

Special bamboo lunch @ Auroville Bamboo Centre

- Every Saturday, 12—2:30pm
- Pre-book in advance

Enjoy the Special Bamboo Lunch.

Make and take workshops

- Monday—Saturday, 10am—4:30pm
- Pre-book in advance



Take part in our daily Make and Take workshops to learn and discover the endless possibilities of bamboo.

One day workshops

- Monday—Saturday, 9am—5pm
- Pre-book in advance



Geodesic dome workshop

- 2 Days,
19 & 20 December, 9am—5pm

Pre-book in advance. You'll learn the hands-on geometry, joinery, and structural logic needed to build a precise, ultra-efficient geodesic dome



Pre-booking is necessary for registration

- bamboocentre@auroville.org.in
- +91 8300949081

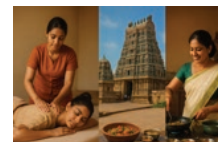
Balasundaram

ACTIVITIES BY RUPAVATHI

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 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: We give everyday morning

- 9:30—11:30, 11:30—1:30, 5:30—7:30pm.

This is for both the classes.

For any of the above services contact information below:

- Phone/ WA: 8098845200
- Email: rupavathijoy@gmail.com

Rupavathi

MOHANAM PROGRAM, DECEMBER 2025

www.mohanam.org

Mohanam: 2 mins from Vérité, 6 mins from Matrimandir, 8 mins from Visitor's Center. Experience, explore, energise.



For more information and registration: Advance booking is necessary for Workshops:

mohanamprogram@auroville.org.in, +91 8300949079

Office timing: 9am—4pm, Monday to Saturday

Make and Take Workshops

- Monday to Saturday, 10am—12:30pm or 2—5pm



Bamboo
Candle

Potter

Coconut
Shell Craft

Dream
Catcher

Incense
Making

Kolam
Mandala

Join and your experience the learning aspect of engaging in the art and craft workshops. Manifest inner self through various materials and form using creative techniques.

Auroville Bioregional Experience

- Monday to Saturday, 10:30am—1pm



Village Tour

Wood Fossil
Visit

Munnur-
Perumukkal

Kaluveli Tank
Visit

Celebrating authentic village experiences and cultural heritage! This is a guided tour to villages in the range of 5km, 10km to 50km from Auroville.

Auroville North-West Tour

- Monday to Saturday, 10:30am—1pm

This tour offers a deeper appreciation of the beauty, heritage, and living traditions of Auroville's north-west zone. It highlights inspiring local entrepreneurship and how traditional practices are being continued through modern techniques.



Tibetan Bowls, Gongs by Sathyayuga Five Elements Sound Massage

- Shamanic Circle:** 16 & 30 December, 4:45—6pm
- Deep Sound Bath:** 9 & 23 December, 4:30—6pm
Individual & small group on request
- Full Moon Session:** 4 & 5 December, 7:15—8:45pm
Recharge your Gem Stones, Jewellery
- Christmas Special:** Tibetan Bowl (crystals, xylophone, gong)
23 December, 4—5:30pm



Re-turn to your (Flower) Essence with Louise Rose

1 on 1 naturopathic consultation

- Every Tuesday, 4—6pm
9, 16, 23, 30 December,
- Every Saturday, 9—11am 6, 13, 20, 27 December,
- Every Sunday, 9—11am, 7, 14, 21, 29 December



New and Full moon Circles

- 5—7pm, Every New Moon and Full Moon

Turiya Kirtan, Sacred Songs and Sound Bath

- Every Wednesday, 5:30—7:30pm

A celebration of the divine through song, rhythm, and collective energy. Open your heart and immerse yourself in vibrations of love, joy, and devotion.



Awaken the heart: Cacao & Sound Journey

- 25 December, 6—8pm

A sacred space to soften, to listen, together we will Sip ceremonial cacao and return home to your heart by Lakshmi



Thiruvannamalai Services

Thiruvannamalai—Mohanam services. Arunachala—Auroville. Tour, retreat space, camping, temple visit, ashram, Girivalam full moon experience.

For booking and more information

- Contact: +91 8300949079
mohanamprogram@auroville.org.in

Rajaveni

AUROVILLE EARTH INSTITUTE upcoming on-campus training courses



We are pleased to announce our upcoming training programs at the Auroville Earth Institute. These hands-on courses offer a unique opportunity to explore sustainable construction techniques with a focus on earth-based technologies.

Below are the details of our upcoming sessions:

Months	Dates	Category	Details
December	15—20	AVD	Intensive

For more information and to register, please visit:

- www.earth-auroville.com
- Contact: training@earth-auroville.com Ayyappan

EGAI: LEARN FROM ARTISANS



Coconut Shell Workshop

Incense Making Workshop

Pottery Workshop



Contact Anand : +91 9791896488 / egai@auroville.org.in

Anand

Looking For

Looking for a ThaiChi Qigong teacher

Looking for a teacher/ person that can offer some private lessons in ThaiChi Qigong. +91 94896 01312 SMS or WA.

Shivaya

Somebody who can bring a suitcase from Bali

We have a large suitcase that we left in Ubud, Bali. Is anybody going to Bali the coming time and would be able to bring it to Auroville? I can arrange for the suitcase to be delivered to your hotel and I will pay your taxi from Chennai to Auroville besides any additional costs for bringing the suitcase. If you are help to help, please message me on +31657770922 WA.

Marnix

Multiple Activities

IT MATTERS ACTIVITIES

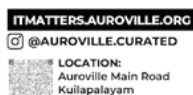
A/C room @ It Matters, Auroville Main Road

More info on instagram:

• [@auroville.curated](#)

Workshop pre-registration required:

• itmatters@auroville.org.in or
+91 9344087925 WA



Date	Workshops this week
Friday, 12 December, 5—6:30pm	Sound bath with singing bowl massage (a recurring activity on Fridays) with Satyayuga, fixed price 500 Rs. and 50% discount for AV/ Newcomer/ SAVI
Saturday, 13 December, 10am—12pm	From social reality to academic research: The anthropology of utopian communities with Sudipta, contribution-based
Saturday & Sunday, 13 & 14 December, 3:30—7:30pm	Playing the role of ourselves: Discovering who we are through expressive arts with Sakina, contribution-based
Monday, 15 & 22 December, 10am—12pm	Women: Gene keys circle with Era, contribution-based

* Pre-registration for Workshops required (if participants do not actually come after registration, the session might be cancelled)

Sandra & Bhakti for It Matters

Available

Sturdy reclaimed Kalimardhu wood stool

Size: 50cms height with a 30cms x 30cms top plank.

Looking for a sturdy, stylish stool? This one's made from solid reclaimed Kalimardhu wood, known for its strength and natural charm—perfect for your home or workspace! 25 pieces currently available. Durable, natural finish.

• 8903602563 or newdawn@auroville.org.in

Chaitanya



Taxi Share

From Chennai Airport, Monday, 15 December, 4pm

To stay eco friendly am very willing to share a taxi from Chennai airport to Auroville on Monday, 15 December, around 4pm. Please contact via +34685673777 WA or email: srimaa221@gmail.com, Sunny

To Chennai Airport, Monday, 15 December, 7pm

Going to Chennai Airport from Auroville bakery, Kulapalayam. georgespisano@yahoo.com, +639361100015 WA. Eric

Help Needed

LET'S HELP MURUGAN

Our dear Aikido teacher Murugan, who has guided us at Auroville Budokan for over 10 years, needs our support.

He's in need of a hernia surgery, and there's still Rs1 lakh left to cover the medical costs.

Let's come together as a community, every little bit helps.

If you want to Help Murugan, please contact Michaël on +91 8220610138 WA

Thank you for your kindness and support.

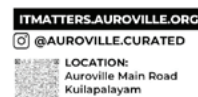
Michaël, for Budokan Auroville Family

Office Spaces

It Matters: Space Sharing for creative people

Whether it's computer work or artistic practices, we'd like to invite 5 to 10 people max that are committed to using the space for at least 1 month and up to 6 months and more.

The monthly contribution will be adapted to the space you need and how long you commit. itmatters@auroville.org.in.



Bhakti & Sandra

Kinisi Cowork: Our vibrant space—right behind Kinisi e-mobility (CSR campus)—offers an ideal balance of focused work, being part of a supportive community and relaxing surroundings.

- **Opening hours:** 7am—11pm
- **Flexible Passes & Validity**
- **Conference Room:** As Booked (4 hrs)
- **Amenities:** Enjoy fast internet, power backup, AC, meeting room, EV Charging and complimentary coffee/tea (10am—4pm).
- **Community & Connection:** Beyond the amenities, we cultivate a supportive community that fosters collaboration and upskilling. We organise coworkers' lunches, game nights and workshops to learn new skills.

Ready to join? Learn more and book your spot:

- +91 9429690049, hello@cowork.kinisi.in
- CSR Campus, Auroshilpam, cowork.kinisi.in Laure



Aurelec Spaces Available

35.12 sqm. closed space available inside Aurelec Premises. This space is ideal for workshop or office or storage with generator back-up, 24 hours security, parking, provision to put air-conditioners, high speed fibre internet access (BSNL and Aurinoco), canteen and sports facilities.



Conveniently located closed office room (around 18.30 sqm.) on the first floor inside Aurelec premises with superb infrastructure, including generator back-up, UPS System, provision to put air-conditioner, 24 hours security, parking, high speed fibre internet access (BSNL and Aurinoco), canteen and sports facilities.

Interested people may contact Mr. Siva at Aurelec:

- in person, or by phone to 2622293/ 2622294
- or e-mail adps@auroville.org.in Siva for ADPS Trust

Office Space Available: Auromode

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



- at Auromode in person, +91 9943390391 or pandian@auroville.org.in Pandian

Honorary Voluntary

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,

8525038274 WA or call 8122274924

Aviram for Sadhana Forest team

VOLUNTEER NEEDED:

Website & IT support (holistic)

Holistic is looking for a skilled IT volunteer to support us with:

- Creating and setting up our website
- Managing domain, hosting, and email configuration
- Providing ongoing technical and systems support

We warmly welcome someone who also feels aligned with healing, holistic work, or inner growth, as it will help us work together with deeper understanding.

If you have experience in website development and IT and would like to offer your skills in service, we would be grateful.

- Contact: sandyra@auroville.org, 9443619403

Sandyra

VOLUNTEERS NEEDED

@ Botanical Gardens

A lot of work goes into caring for the Botanical Gardens to keep them looking beautiful and pristine. We invite new volunteers who are ready to help and dedicate some time to caring for the various parts of the Gardens. In particular, right now we need volunteers



to help with the Japanese Garden and Labyrinth area, and would like to find one person who could be trained as a long term backup for all parts of the garden work, especially the watering system.

The work involves a lot of weeding, mulching, composting, pruning and clipping, raking and other general maintenance tasks. Talking to the plants, trees and creatures is also welcome, along with jokes and cheerfulness.

- If interested please contact Noel at earthyyoga@hotmail.com or stop by in the morning sometime to explore the possibilities.

Noel Parent

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,
7598911090 WA

AARAMBHAM LEARNING SPACE

Looking for a long-term volunteer Facilitator

Our expectations:

Responsibility and punctuality, ability and preferably some experience of work in the education field (age from 6 to 12), good communication skills with kids and adults, ability to move around Auroville, interest and motivation, optimism and good energy.

We can provide lunch and some additional bonuses to come as you will stay with the team longer.

For details:

- aarambham@auroville.org.in
- +91 83002 88303, WA messages

Submitted by Alexey



Work Opportunities

YUVABE EDUCATION IS HIRING:

Lead facilitators for 3D Design & AI full stack development

Empower young learners and shape the future of Tech & Design in Auroville. Join our team!

Yuvabe Education's Bridge Program is now recruiting passionate, skilled educators to lead our hands-on learning tracks. If you believe in practical, purpose-driven education and want to make a real impact in the bioregion, this opportunity is for you.

Open Roles:

1. Lead Facilitator—3D Design & Printing

Guide students through 3D modelling, additive manufacturing, and product prototyping. Ideal for professionals skilled in Fusion 360, SolidWorks, Blender, Cura/PrusaSlicer and passionate about teaching.

[Refer the Job Description here](#)

2. Lead Facilitator—AI Full Stack Development

Teach full-stack development with AI/ML integration. Perfect for developers experienced with React, Node.js, Python, TensorFlow/PyTorch, and deploying intelligent web applications.

[Refer the Job Description](#)

Why Join Us?

- Full-time, on-site roles at Saracon Campus, Auroville
- Work with youth on real projects to build strong portfolios
- Collaborative, purpose-driven work culture
- Opportunity to contribute to grassroots innovation
- Access to mentor networks from top global institutions

Location: Yuvabe, Saracon Campus, Auroville, Tamil Nadu, India

How to Apply:

Send your CV (and portfolio, if applicable) to

- info@yuvabe.com / bridge@yuvabe.com
- Or contact 9677604467 for more details.

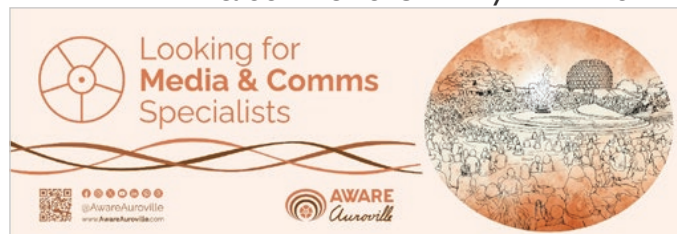
Stay Connected:

- Instagram: <https://www.instagram.com/yuvabe.education/>
- Facebook: <https://www.facebook.com/yuvabe.education>
- LinkedIn: <https://www.linkedin.com/company/yuvabe/>
- YouTube: <https://www.youtube.com/@yuvabe.auroville/>

More details on jobs: [Link 1](#), [Link 2](#).

Abilash

AWARE—MEDIA & COMMS VOLUNTEER/ INTERN CALL



We are opening opportunities for volunteers, interns, and newcomers to join AWARE in the following areas:

- Editors, Filmmakers, Photographers, Graphic Designers, Social Media Support, Writers, Web Developers, and Researchers.

Purpose: AWARE works to communicate Auroville's story with clarity and beauty, creating platforms for information and collective understanding.

Contact: +91 73965 57993 WA, aware@auroville.org.in

- Instagram: [@AwareAuroville](#)
- Website: www.AwareAuroville.com Sajiv, co-ordinator

LOOKING FOR AN EXPERIENCED

Web Designer

Looking for an experienced web designer to help me design a website for my services as a laughter yoga teacher.

Anybody with experiences designing websites, preferably for wellness practitioners, can send their info, portfolio and rates to me via:

- +31657770922 WA.

Marnix



NEW ERA SENIOR SECONDARY SCHOOL (CBSE)

Aspiration, Kulapalayam, Auroville

We are hiring: PGT-biology teacher

- Qualification:** M. Sc. Biology B.Ed.
- Experience:** 1—2 years
- Description:** Seeking a qualified and enthusiastic PGT biology teacher to handle class 9—11. Strong communication skills and ability to motivate students.

Send your resume to our email address:

- ness@auroville.org.in, 8072627852

K. Venkatesh



Poetry

CLING TO THE VINE

Cling to the vine,
Commune with the Divine.
Dive in,
Savour the soma—
The sacred wine.
Stay sober,
See if you still can.

Anandi Z.

Voices & Notes

AUROVILLE RADIO

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



Last published Podcasts

- [Marlenka's weekly Offering—Ep.160](#) (Literature)
- [Savitri—Ep.30 : Introductory Comments in Tamil by Dhanalakshmi](#) (Spirituality)
- [Sri Aurobindo's "The Life Divine" read by Deepti Tewari-B 1, C 15: "The Supreme Truth-Consciousness"](#) (Sri Aurobindo)
- [Menstrual Well-Being-Ep.6—"A Guide to Period Products & Care" with Kalvikarasi](#) (Health & Wellness)
- [Une série hebdomadaire de lectures par Gangalakshmi—Ep.518](#) (Integral Yoga)

Latest Youtube Video

- [Inner Awakening & Outer Expression | Art for Land | Unity Pavilion, Auroville](#)

....and more! on www.aurovilleradiotv.org

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

Sai Priya for AurovilleRadioTV

PERHAPS SOONER

"One must have an absolutely transparent sincerity. Lack of sincerity is the cause of the difficulties we meet at present. Insincerity is in all men. There are perhaps a hundred men on earth who are totally sincere. (This was 57 years ago in 1968... hopefully there are more now circa 2025)

Man's very nature makes him insincere—it is very complicated, for he is constantly deceiving himself, hiding the truth from himself, making excuses for himself. Yoga is the way to become sincere in all parts of the being. (Oopsies... no choice really. "Only by an entire change" beyond the human being is the solution)

It is difficult to be sincere, but at least one can be mentally sincere; this is what can be demanded of Aurovilians. The force is there, present as never before; man's insincerity prevents it from descending, from being felt. The world lives in falsehood, all relations between men have until now been based on falsehood and deceit. Diplomatic relations between nations are based on falsehood. They claim to want peace, and meanwhile they are arming themselves. Only a transparent sincerity in man and among nations can usher in a transformed world.

Auroville is the first attempt in this experiment. A new world will be born; if men are **willing** to make an effort for transformation, to seek for sincerity, it is possible. From animal to man, thousands of years were needed; today, with his mind, man can **will** and **hasten** a transformation towards a man who shall be God.

This transformation by the help of the mind—by self-analysis—is a first step; afterwards, it is necessary to transform the vital impulses: that is much more difficult, and especially to transform the physical. Every cell in our bodies must become conscious. This is the work I am doing here; it will enable the conquest of death. That is another story; that will be the humanity of the future, perhaps after hundreds of years, **perhaps sooner** (Yay!). It will depend on men, on nations.

Auroville is the first step towards this goal." (A blessing that We are already in the decreed set and setting)

Thank you Mother!

<https://incarnateword.in/cwm/13/early-talks>

The key action word is **Willing**... the Divine Consciousness-Force within us that **Wills**. As in essence We are That.

The Supreme Creative Willpower is within: Ishwara-Maha-Shakti

Thus the conscious choice:

"But, to live in Auroville, one must be a **willing** servitor of the Divine Consciousness."

And the Divine Consciousness-Force **wants and wills and acts consciously** for the hastened transformation of Its current but transitional still undivine human beingness towards the Divine Manifestation of the new apex species the Supramental being.

Voila!

"Perhaps sooner..." becomes not only a possibility, but an inevitability.

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

Om Namo Bhagavate

For readers of the print version please scan the QR Code to access the links or go to this blogsite and open the post with the same title: <https://zechjaya.blogspot.com/>



Zech

SYSTEMS ENGINEERING GALAXY:

Roger Anger's letter re the Ford Foundation

Some people pretend that the Mother never approved a master plan. To debunk the tale, I replied that a preliminary master plan was submitted to the Ford Foundation for partly financing (\$430,000) a feasibility study for the Galaxy to be built in five years via systems engineering. This was the outcome of a one-week long conference, held in November 1968 in Roger's studio in Paris, with Mother's blessings.

In 1987 Suresh Indocha, the *deus ex machina* of the entire operation, gave me a copy of Mother's letter, along with the complete archival documentation of what transpired, and which no one in Auroville had seen so far. We kept the whole at the Centre for Human Unity/Laboratory of Evolution where I worked, and afterwards passed it to the Auroville Archives. I have a soft copy (PDF or jpeg) of the original massive folder.

I attached the following files, which on request I can forward to others as well:

- Mother's 15-page letter to the Ford Foundation, 13 March 1969. The jpeg files are also available.
- Roger Anger's letter to André Morisset (Mother's son) apropos the Mother contacting the Ford Foundation. Original French, and English translation.
- On behalf of the Government of India, in 1971 the United Nations requested Dr. Sidney Firstman, already approved by the Mother (Planning Research Corporation, Los Angeles—cooperating with NASA) to submit a feasibility study. PDF file attached.
- The preliminary master plan, of which I have an original copy, and its maps. The Foundation has abundantly photocopied it.

The complete story can be read at <https://overmanfoundation.org/the-systems-engineering-galaxy-of-auroville-as-approved-by-the-mother-by-paulette-hadnagy/>.

I also have a recording of the speech that Suresh Hindocha gave at the Town Hall in 2009; also attended by Kailash Jhaveri, Mother's secretary to UNESCO. A lively interaction followed. Sauro, at that time in the planning section, had welcomed my request and the Auroville radio did the recording.

"The Systems Engineering Galaxy and Mother's guidelines" may be my fourteenth book, presenting the entire documentation. An Aurovilian has offered to sponsor it.

History cannot be subverted.

Sadly, Roger's letter to Mother's son on 25 January 1969 tells a lot:

My dear André,

I met with Mother this morning regarding the Ford Foundation. She had asked me to summarize its main points, which had remained pending until, I believe, its content, purpose, and consequences were clearly explained to her.

Mother gave her initial approval for it to be sent to Delhi as soon as possible, after making a few remarks and suggestions that we will, of course, strive to incorporate into the final document to be prepared for the final presentation to the Ford Foundation in New Delhi before February 8th.

With Mother's agreement, I requested that a copy of the document presented to her be sent to you so that you could provide your feedback and identify any points you find debatable. It is therefore urgent that you inform me of your opinion as soon as possible.

I found in Auroville a level of disarray rarely seen and a complete waste of goodwill, disorienting some and pushing others towards actions and initiatives detrimental to the project's success. Once the facts have been analyzed, I will speak to Mother. With her help, new organizational and coordination methods should, I hope, allow for greater efficiency and, at the very least, rectify a financial situation that appears to be, to say the least, confusing. The interpersonal issues and the dynamics of the relationships among the Aurovillians must also be brought to Mother's attention. I sincerely regret that you are not here to help with the organization.

I will try to keep you informed. I hope the Auroville association is progressing and that you can keep a watchful eye on it. All is well. Everyone is in excellent health. My warmest regards.

Roger

Submitted by Paulette

THANK YOU:

Dear Solar Kitchen team!

My heart is deeply grateful for your teamwork and dedication in cooking and serving such healthy, delicious meals—with varied ingredients and flavors, delivered with such regularity.

It is truly a gift to nourish so many while maintaining your commitment to quality service, always with warmth and humanity.

I love your gentle reminders to eat, not to waste, and the focus and smiles you bring to your work.

I feel my body and spirit nourished and happy. I feel at home and inspired.

I come to Solar Kitchen to nourish both my stomach and my heart, experiencing the sacred connection through a sweet exchange of gazes, without the need for many words.

Anandi Zhang

Foods, Goods & Services

LOOKING FOR THE PERFECT CHRISTMAS GIFTS?

Visit our new Popup at our Production site. All old stock at 50% and an additional 5% off for Aurovillians. Also some new stock and cheaper reject sales.

- www.thecoloursofnature.com
- 100% Natural Dyes

The Colours of Nature Production HQ next to Isai Ambalam Annex GH, Auroshilpam, Auroville.

- Contact: colnature@gmail.com

Petra

POUR TOUS WATER

Free Service

Pour Tous Water provides free service to the Aurovillians as part of the prosperity vision (service for all). This free labor service is supported through city services budget.

The parts & material costs need to be paid directly by the Aurovillians to the supplier as follow:

- NEFT through financial service or Gpay.
- Post completion of the work you will receive payment details through the PTW office.
- Hard copy of the material bill from supplier shall be sent thereafter.

For the work, please contact us at Pour Tous Water office numbers: 2622899, 9843644308 WA and Call

- ptw@auroville.org.in

Please note: Do not give any cash to any team member of PTW. We request to avoid calling our workers directly on their contact numbers.

Danny, Grace
for Pour Tous Water team

BELLA VITA TEA PARTY

Friday, 12 December, 5pm

Dear friends, you are invited for a Tea Party at Bella Vita on Friday, 12 December, at 5pm.

You will be able to sample our breads and other goodies together with tea and syrup. Everything "on the house" but on a first come first serve basis! Most welcome!

Martina, for Bella Vita team

NON VEG MONTHLY MEAL SCHEME

@ Visitors Centre Cafeteria (Right Path Café)

Cafeteria at Visitors Centre offers a South Indian Non Veg Lunch Scheme.

Composed of: Organic White Rice/ Brown Rice/ Millet; Organic Chapati; Seasonal Auroville Vegetable; Sambar; 3x a week with Veg Kurma & Rasam; 3x a week with Organic Chicken Curry, or Fish Kuzhambu, or Auroville Egg Kuzhambu; Home made Pickles

- Rs 3700/- per month. Open to Aurovilians, Newcomers, Volunteers with Aurocard and registered Interns.

Reminder! Other monthly lunch schemes:

- Organic Vegetarian South Indian Mini Meal Rs 2,500/-
- Healthy Plate based on AV and organic products Rs 3,700/-
- a half month scheme is also available.

For enquiries and registration:

- cafeteriavc@auroville.org.in
- 9043004919 WA

Kyoung Hyoun Lee for Right Path Café

SUDHA'S KITCHEN!

What's new on the Menu?

- Red Rice & Millet Mixed Dosa
- Red Rice & Millet Mixed Idly
- Chapati every evening
- Dosa & Idli available for breakfast too!



Healthy Plate monthly scheme for Aurovilian Volunteers & Guests

- Wholesome, balanced meals every day
- Easy monthly booking option
- Special Offer: Aurovilians get 20% discount

Group Bookings Welcome: Planning a gathering or arriving with a big group? We'll be delighted to serve you fresh & healthy meals.

Contact Us:

+91 8608123072 WA, +91 413-3509884 landline

Come enjoy delicious, nourishing food in a warm place with beautiful trees surrounded!

Arun

AUROVILLE BAKERY CAFE IN TOWN HALL

7:30am—4:30pm

The Cafe is open from 7:30am to 4:30pm, serving South Indian breakfast, crepes, wraps, sandwiches, omelettes, juices, and all of your other favorites from the Auroville Bakery Cafe.



The Cafe also hosts an Auroville Bakery outlet, where you can find an assortment of breads, cakes, and croissants.

In addition, for your convenience, advance orders placed at the the Auroville Bakery can now also be scheduled for convenient pickup directly at the new outlet.

*Auroville Bakery & Cafe Team,
from Mass Bulletin*

NATURELLEMENT GARDEN CAFÉ

50% Thursday discount

Dear friends, Aurovillians, Newcomers and Volunteers.

Getting so much positive feedback we will keep our 50% discount scheme on Thursdays until further notice.



The Naturellement Garden Café team, Martina

THE SPROUT CAFE & RESTAURANT



Nourishing body and soul,
freshly made, daily at The Sprout.

Mon - Sat 7:00 - 16:00
www.thesprout.in

*Monica for The Sprout team,
www.thesprout.in*



@ Luminosity Auroville

Lunch: Tuesday & Saturday, 12:30pm

Tea Ceremony: Wednesday, 10am & 3pm

Please book one day in advance

+91 9489693809, goyo@auroville.org.in

Won Ja for Goyo



The Living Room

Wholesome meals, fresh coffee,
and warm company — all waiting
for you at The Living Room.
Opposite Auroville Library.
Breakfast, lunch & dinner served
daily. Everyone's welcome.

Kaipana, Crown Rd,
opp to the Auroville Library, Auroville,
Tamil Nadu 605101

Open 9am-9pm
All days of the week
+91 9566142115

+91 9566142115, Satyakam

AUROMODE RESTAURANT IS OPEN

Monday to Saturday, 12—3:30pm & 6—9pm

We at the Auromode Restaurant are happy to announce that we are now open!

We look forward to seeing you all.

*Pavithra
for Auromode Restaurant*



TASTE OF YOGA: VEGAN CAFÉ



Kathir for Vérité programming



Kyonghyon Lee
for Right Path Café

NEEM TREE CAFE OFFER

Neemtree Cafe offers fresh fruits juices, wraps, dosas, parathas, tacos, salads, burgers, french fries etc:

- We are open every day **Monday to Saturday** @ Mahalaxmi park (Near Solar Kitchen). Sunday is holiday.
 - Our prices are 20 to 200 only inclusive all taxes
- Come and enjoy! Parthasarathy Krishnan

FOODLINK MARKET IS OPEN EVERY DAY



Monday—Saturday, 9:30am—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 8300268804 or pass by.
Isabella

SIDDHARTHA FARM: farm-grown ragimalt

Our farm-grown ragi is now processed into wholesome ragimalt and available at PourTous Distribution Centre.

The malting process makes ragi more digestible and increases its nutritional value compared to regular ragi flour—making ragi malt nutritionally enhanced and more readily absorbed by the body.

Rich in: Calcium, iron, fibre, plant protein, and essential minerals—a natural source of energy and nutrition.

Suhasini for Siddhartha Farm

SOUTH INDIAN BREAKFAST

@ Aurelec Cafeteria
7:30—10am
Variety of Dosa and
Millets Pongal, Coffee
Rs.99



Submitted by Shiva

DOWNLOAD OR ACCESS

Dropzy App

Android: <https://play.google.com/store/apps/details?id=app.auroville.dropzy>

iPhone Browser Version:
<https://app.dropzy.in/public/dropzy>

Desktop: <https://app.dropzy.in/public/dropzy/desktop-version>



Sathish



Your trust and encouragement inspire us every day to continue providing reliable and eco-conscious transport solutions for everyone: From E-scooter and bike rentals to taxi and transport services, electric rickshaw pickups and drops, electric bike maintenance and delivery services, we are honored to serve the diverse and vibrant needs of this incredible community.

Shared Transport Service

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

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

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

Contact: 8098776644/ 9442566256

• its@auroville.org.in

Rajesh.D for Shared Transport Service



SUNRISE TAXI SERVICE



Sathish for Sunrise Taxi

KINISI E-MOBILITY



Contact us: +91 9429690049, hello@cowork.kinisi.in

Laure

QUTEE ELECTRIC SCOOTER SERVICE

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



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

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

Govindaraj & B for Qutee Electric Scooter Service



Open 24 X 7: Any Taxi bookings can be done directly to our UTS office. The contact numbers are:

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

Lakshmi for UTS



inside india
DREAMS & MEMORIES

Inside India Timings

- Inside India is open for your next journey **Monday to Friday, 10am—5pm**
- We are open the second & fourth Saturdays of each month
- For urgent matters or emergencies**, you may contact our ticketing agent **Ganesh: +91 9894598686**.

Special Flights and Offers

Available offer fare International Flights from Chennai

- Etihaad Airways:** Paris, Frankfurt, London, Amsterdam, Dublin, Brussels, Zurich, Munich, Milan, Madrid, Barcelona, Rome, Vienna
- Air India:** Paris, Frankfurt, London, Zurich, Milan, Vienna.
- Emirates:** Madrid, Milan
- Air France & Qatar Airways:** Paris, Madrid. Barcelona, Rome
- Oman Air:** Zurich, Milan
- British Airways:** Amsterdam, Dublin, Düsseldorf, Barcelona, Milan
- Lufthansa:** Frankfurt, London, Amsterdam, Dublin, Berlin, Madrid, Barcelona, Marseille, Rome, Vienna

Recommended Travel advisory

Due to recent Indigo flight cancellations, we strongly recommend that you check your flight status 48 hours (two days) prior to your scheduled departure—and again the day before and on the day of travel.

New e-Arrival Card for non-Indian nationals flying to India Update

From 1 October, all non Indian nationals travelling to India must complete a new e-Arrival Card before the flight. You can submit the immigration form on the India Bureau of Immigration website from 72 hours and no later than 24 hours before the flight. There is no registration fee for the e-Arrival Card online.

If you do not complete the form before you travel, it will result in a longer immigration process at the airport.

Inside India Travel Agency is now your complete International Courier & Cargo Collection Center

We are thrilled to announce the expansion of our services to include comprehensive international courier and cargo solutions, bringing the world closer to your doorstep.

Our Services Include:

Europe & UK Deliveries:

- DPD Partnership—Duty & VAT Free shipping
- UK delivery in 6-7 days
- Europe delivery in 12-15 days
- Complete European Union coverage including Austria, Belgium, France, Germany, Italy, Spain, Netherlands, and 25+ more countries

Australia & New Zealand:

- Specialized homemade food items shipping
- Third-party services available
- Competitive pricing with ZIP code rate checking
- Masala & spices delivery to both destinations

Southeast Asia:

- Direct Malaysia & Singapore connections
- Fast 1-week delivery from Chennai
- No duty, no tax on selected items
- Reliable third-party partnerships

Individual Travel Insurance by Bajaj Allianz

Inside India is now offering Travel Insurance to ensure safe travels and a smooth journey for you from the start till the end!

Travel comes with risks—delayed baggage, lost passport, or sudden illness. Individual travel insurance ensures financial protection, quick assistance, and peace of mind wherever you are.

What is Individual Travel Insurance?

It's a policy that protects solo travelers, families and any traveler against unexpected events like medical emergencies, trip cancellations, or lost baggage while traveling abroad.

Key Features of Bajaj's Travel Insurance:

Global 24/7 assistance, Covers medical emergencies, trip delays/cancellations, lost belongings, and even home burglary while you're away. Quick and hassle-free claims with fast settlement.

Itineraries & Ticketing

Whether you're dreaming of a mountain retreat or a coastal getaway, we're here to help. Inside India offers tailor-made travel itineraries across India and Sri Lanka. **Write to us at tours@insideindiaauroville.com** to start planning.

Shaheen for Inside India Team

ANNAPURNA FARM BASKETS

Annapurna Farm offers farm baskets of produce/ products (dairy, fruits, and grains) from Annapurna to connect with the consumers directly.



Residents/ volunteers/ guests can select from the range of produce/ products to order via google form. Orders are delivered to Foodlink & PTPS on Saturdays. Some of the produce/ products are exclusively available for CSA orders.

- We have a WhatsApp group to make weekly announcements for the order form links and occasional farm updates.
- Please scan the QR code to join the group or [follow this link](#).



**Madhuri
for Annapurna Farm**

FREE STORE IS NO LONGER ACCEPTING BOOKS

We would like to inform you that the Free Store is no longer accepting books. For any book-related needs, please turn to the Auroville Library moving forward.

Thank you for your understanding and cooperation.

Kamala for Free Store team

RAPID CARE SERVICES

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



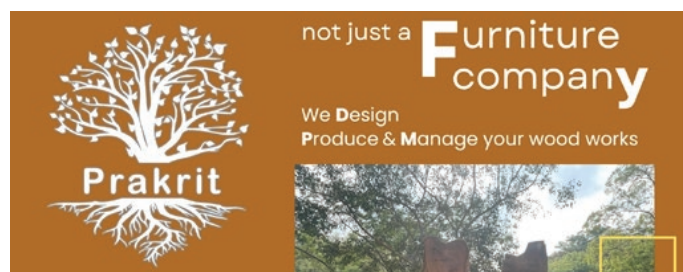
Services offered

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

• **Contact:** + 91 8270071581

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

Balaji & Arun for Rapid Care



Dear fellow Architects, Interior Designers and Developers in Auroville, we at Prakrit extend to you our expertise in working with Solid wood, primarily design and production of furniture and furnishings ensuring sustainable production, effective management and superior quality.

Head over to our website www.prakrit.org.in to check out our portfolio of projects done in collaboration with various architects and businesses over past years. Reach out to us for enquiries and collaborative opportunities.

Mehul for Prakrit, +91 9634424066

HEMPLANET:

Explore the Benefits of Hemp!

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



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

Davide

SURABHI SUPPLIES

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



- **Contact us for all your procurement needs:** surabisupplies@auroville.org.in
+91 9843846458 WA, Phone, lyyappan

SARVAM COMPUTERS OFFERS RELIABLE SERVICE

Sarvam Computers is located in Utsav Complex. Sarvam Computer offers all types of computers sales and service, data recovery, all types of Apple device sales and services, office network and server setup, monthly and annual maintenances etc.

Contact Sarvam Computers

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



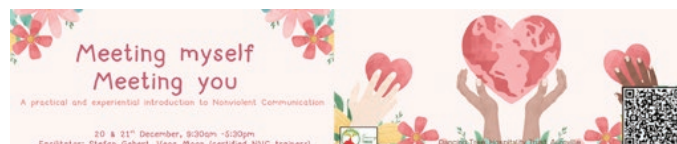
- 0413 2622050,
- 9443211891, 9786953603
- FS account: 251263
- sarvamcomputers@auroville.org.in

Bala

Classes, Workshops & Healing Arts

MEETING MYSELF, MEETING YOU

20 & 21 December, 9:30am—5:30pm



In this introductory, experiential workshop on Nonviolent Communication, we will explore how connection begins within and expand to others.

We will practice the core principles of NVC through the doorway of self-awareness: sensing our emotions, recognizing the needs beneath them, and expressing ourselves with care & clarity. You'll also practice listening in a way that helps others feel seen. Simple, practical, and grounded—an introduction to NVC that feels human and real.

Whether you're new to NVC or returning to the basics, this session will offer a gentle doorway into authentic connection.

- **Facilitators:** Stefan Gebert, Vega Moon (CNVC certified trainers)
- **Details & registration:** QR or [Link](#)

Vega

THE POTENTIAL OF KINDNESS:

Booklet launch and Sharing of research findings

Tuesday, 16 December, 4—5:30pm
@ Creativity Hall of Light

Over the past year we have been exploring how kindness activities affect peoples' wellbeing, social connections, and self-compassion.

We sought to better understand how kindness varies across different cultures and what obstacles might prevent us from giving and receiving kindness. We were also curious about the contagious nature of kindness—how it can create a ripple effect.

Our action research saw around 80 community members take part in activities including sharing of Kindness Stories, Film Screenings, Acts of Kindness, and Loving Kindness Meditation then share feedback on the impacts they noticed.

We are delighted to share the findings from the research and also launch the Kindness Booklet, which captures some of the personal stories we heard from Aurovilians about their experiences of kindness along with beautifully captured portraits.

We warmly invite you to join us in this final session of the project, to discuss the key research findings, explore the research outcomes together and celebrate the stories.

This event is open to everyone. We look forward to sharing this work on kindness with you. **Helen & Nikethana**



MIKSANG:

Mindful Photography workshop

Saturday, 20 December, 9:30am—12pm

Miksang is a contemplative photography practice. Meaning 'Good Eye' in Tibetan it is a practice to synchronise the heart, mind & inner being.

Miksang invites us to see the world with fresh eyes, to let go of our conditioning, our stories, our techniques. Through practice we open our hearts and minds to the magic of the world. The session includes an introduction to Miksang, mindfulness practices to attune, and then time for practice. In this session we will be focusing on the elements of patterns and texture.

It is suitable for all—participants just need to bring themselves & something to take photos with (a phone is fine).

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



QUANTUM ENERGY UPGRADE: 1 DAY INTENSIVE

Friday, 12 December, 9am—5pm
@ Pavilion of Tibetan Culture

Be ready for a New World!

Unleash the magic inside you, raise your vibration, and awaken the Divine power within.

This powerful 1-day experience activates your inner light, clears old patterns, and fills your whole being with clarity, joy, and unstoppable energy.

In this workshop you will:

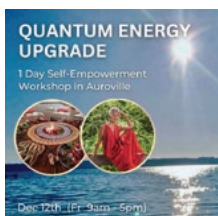
Charge your spirit with high-frequency energy; Release blocks & stagnant emotions; Raise your vibration instantly; Awaken your inner creator; Expand intuition, clarity & inner strength; Step into ease, joy & soul alignment. If you're ready to rise—this day is for you.

Your energy. Your power. Your new world.

- Register: contact@auroville-jiva.com, +91 9443619403 WA

More infos: <https://auroville-jiva.com>

Sandhya



ANCESTRAL LINEAGE HEALING: 1 DAY INTENSIVE

Sunday, 14 December, 9am—5pm
@ Pavilion of Tibetan Culture

Connect with your innate wisdom

Ancestral lineage healing helps us to reestablish healthy relationships with our ancestors and to bring healing to the ancestral field.

In this workshop you will be:

- Introduced to the ancestral lineage healing process.
- Assess the condition of your first four ancestral lineages.
- Connecting with a well and wise guide on one ancestral lineage.
- Set the foundation for profound ancestral lineage healing.

If you want to free yourself from intergenerational burdens, reclaim your personal power and re-connect with your innate wisdom, join us on the 1 day lineage repair workshop.

- Register: contact@auroville-jiva.com, +91 9443619403 WA

Sandhya



CO-CREATING THE DREAM: Integral Decision Making

Saturday, 13 December, 9:15—12:15 @ Vérité

A few Aurovilians have taken online ProSocial courses based on Nobel Laureate Elinor Ostrom's research, in which she identified eight core principles based on communities around the world that help them work successfully. These include clarifying shared purpose and values, fair decision-making, transparency, and constructive conflict resolution. The ProSocial training also included listening, communication and other internal skills. Seeing the relevance of these discoveries for Auroville, we are offering a series of flowing, engaging, and explorative workshops to bring awareness to these principles and practice useful skills for enhancing interpersonal relationships, working in units, and collective life.

Each workshop is a stand-alone experience.

- The series continues on Saturday, 13 December, from 9:15-12:15 in Vérité with our fifth workshop *Integral Decision Making*.

How do we choose—within ourselves and together as a group? This experiential workshop invites curiosity about the ways we make decisions, exploring both our inner processes and collective methods such as voting, consensus, and consent. Through guided activities and reflection, we'll observe how awareness and participation shape intelligent, harmonious choices. Together, we'll deepen our understanding of what it means to decide with integrity and wholeness.

- Register at Vérité: +91 9363624083 WA. **Radhika**



Mantras & Stotras

Traditional Chanting Class

@ Serendipity Community With Sonia Novaes

☑ Friday - 5 pm (regular class)

☑ Drop-in classes available

for individuals or groups - book your session

Info: serendipityauroville@gmail.com | +91 8940288090

Friday, 5pm (regular class) @ Serendipity Community
+91 8940288090, serendipityauroville@gmail.com,

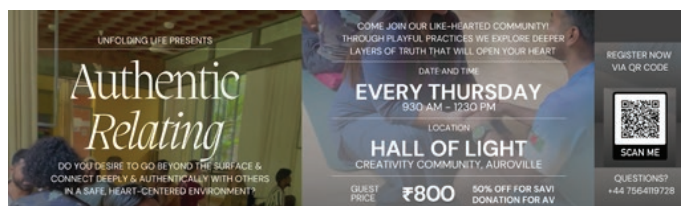
Sonia



AUTHENTIC RELATING

Thursdays, 9:30am—12:30pm

With Dave @ Hall of Light, Creativity Community



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: <https://tinyurl.com/AuthenticRelatingAV>

Dave

ACTIVITIES BY LAKSHMI

Shamanic Breathwork

• Every Monday, 5pm @ Vérité

Today we gather once again to breathe, release, and remember who we truly are. Through the sacred rhythm of the breath we journey beyond the mind into the spaces of healing, clarity, and deep connection. If you feel the call to let go, to open your heart, to come home to your essence—join us! Bring your breath, your presence, and your courage to dive deep. Let's breathe together, transform together, and rise together! See you in the circle.



Dance of the Chakras

• Every Tuesday, 5—6:30pm @ Vérité

Through movement we awaken, through rhythm we release, through dance we realign.

The Dance of the Chakras is an invitation to connect with your body, your energy, and your inner freedom. Each movement opens the flow of life force, dissolving blockages and awakening joy.

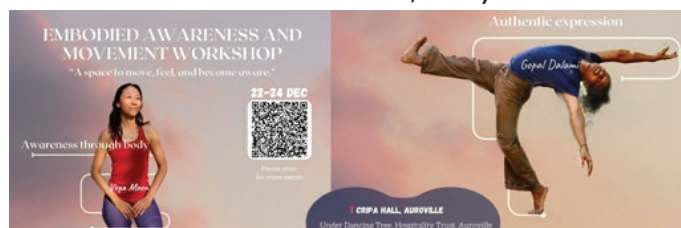
Come as you are—no steps to learn, just the dance of your soul. Let your body be the temple, your breath the guide, and your heart the drum.

Are you ready to dance yourself back into balance?

Lakshmi Prem

EMBODIED AWARENESS & MOVEMENT WORKSHOP

22—24 December, 3 days



These three days are an invitation to slow down, reconnect with your body, move with honesty, and explore awareness through simple, organic movement.

We'll dive into authentic movement, contemporary flow, ATB practices, breath, play, and group explorations.

All gently guiding us back to presence and inner clarity.

If this calls you, we'd love to have you with us.

• [Registration](#). Let's move, unfold, and arrive together.

Vega

SITARA MUNAY-KI YOGA



With Sitara:

Meditation Yin Yoga Sound Journey

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

In this class, accessible to all levels, Sitara 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.

With Munay:

Surya Kriya Yoga Tibetans Rites

- Wednesdays 11—12:30 @ New Creation Studio
- Fridays 10:30—12 @ Hall of Light in Creativity

This is a combination of ancient Yogic practices, including a full Shamanic journey during shavasana, to energize and rejuvenate body and mind, and connect with higher consciousness.

Locations:

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

Other details:

- Drop-in class, Guests Rs600, Aurovilians Rs200. Check our website for more info and updates: sitaramunay-kiyoga.org

Giovanni

LEELA THERAPY

This therapy is for those ready to receive loving and skilful support in addressing personal challenges and discover their own resources of confidence, creativity, power, intelligence and self-love.



Offered by Kardash, a certified psychotherapist, whose training has been based on the wisdom and techniques of:

- Ericksonian Clinical hypnotherapy
- Neurolinguistic programming (NLP)
- The Enneagram of Character Fixation
- Nondual insights for ego transcendence

Leela therapy is a unique combination of true support for waking up from ego, and trauma informed private therapy.

Meetings can be in-person in Auroville or online.

For more details see www.innersightav.org or

- contact Kardash +91 9940934875 WA

Kardash

QUIET HEALING CENTER



www.quiethhealingcenter.info,
quiet@auroville.org.in

+91 9488084966, Mobile & WA

Watsu® Round with Sheida

- **Sunday, 14 December, 3—6:30pm**
- **Prerequisites:** no previous experience required (also no need to know how to swim!).

Watsu® 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.



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!

Woga® (Yoga in Water) Class with Ellie & Sheida

- **Monday, 15 December, 3—4:30pm**
- **Prerequisites:** no previous experience required (also no need to know how to swim!).

Yoga in water is based on classic yoga poses and stretches, modified for standing in pool water, which is waist-to-chest high. Classes are structured like their yoga equivalents on land: breathing, warm-up exercises, a series of poses, and a relaxation period. The difference is that you are in a warm water pool (35°C).



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

Watsu® & OBA Basic

- **16—21 December, 1—6pm, 31hours**
- **Prerequisites:** No previous experience required.

In Watsu Basic, during which the receiver's face remains always on the surface, you'll learn the qualities and body mechanics required to work with someone in water. During the OBA Basic part, you'll bring your receiver under water (with a nose clip), thereby offering a unique experience.



In this beginner's course, you will learn and practise basic techniques and qualities such as grounding, presence, stillness, movement, and attention in moving another person in water. You'll experience floating others and being floated, both on the surface and under water, thereby creating space for deep relaxation and nurturing body, mind and spirit.

Woga® (Yoga in Water) Course 1 & 2 with Pooja & Ankit

- **22—23 December, 8:45am—5pm, 12hours**
- **Prerequisites:** no previous experience required (also no need to know how to swim).

Woga® is a combination of two words: water and yoga. It is based on classic yoga poses and stretches, modified for standing in water that is waist-to-chest height. Woga focuses on Hatha Yoga in water, including asanas performed in standing position, against the wall,



in floating position, and under water. The course also includes pranayama and meditation.

By reducing the effects of gravity, water allows ease of movements, unblocks joints, lengthens and relaxes muscles, alleviates negative tensions, and prevents stress, insomnia and anxiety.

Watsu® 1 Transition Flow

- **24—28 December, 8:45am—6pm, 34hours**
- **Prerequisites:** Watsu Basic

In this 34-hour course, you'll learn to connect the basic movements and positions you've learnt in Watsu Basic with long, gracefully flowing transitions.

You will also learn to adapt this bodywork to people of different sizes, shapes, and dispositions, and to adjust your own body mechanics in order to support and move each person as effortlessly as possible.

By the end of this course, you'll have learnt the complete Watsu 1 sequence for practice sessions till you feel ready to move on to Watsu 2.



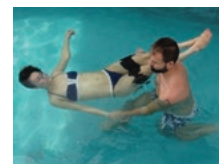
WaterDance Fundamental with Roberto

- **29 December—3 January, 8:45am—6:30pm, 50hours**
- **Prerequisites:** no previous experience required (also no need to know how to swim!).

In this course, we'll focus on three fundamental aspects of WaterDance: vertical grounding, posture of both giver and receiver, and the breath.

The key movement is Water Breath Dance, in which you will float someone in your arms allowing them to gently sink as they exhale and rising with them as you both inhale. This creates a profound connection that carries through all other surface and underwater movements.

Throughout the course, you will also learn in a playful and yet attentive way how to bring your partner under water (with a nose clip). Sufficient time will also be given for integrating fears or apprehensions to go under water. **Guido**



PRANAYAMA & VOCAL TONING

Weekly workshops with Nikki

Three Saturdays in December

Saturdays, 6, 20, 27 December, 4—5:30pm @ Pitanga

This class integrates Pranayama yogic breathing techniques with vocal toning exercises to promote physical and mental well-being.

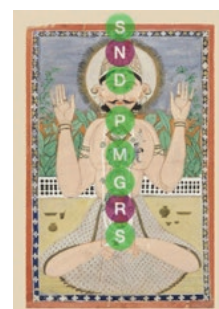
Vocal toning uses the vibration of the voice as a healing tool through humming and the vocalisation of vowel sounds.

Pranayama develops our focus and awareness of breath, and prepares the body and breath for vocal toning.

No experience required.

- For more information, please contact:
info@pitanga.in, +91 9443902403 WA

Anandamayi



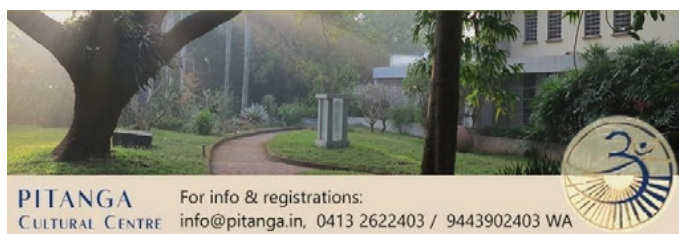
AUROMODE SPA OFFERS COSMETOLOGY SERVICES

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

Meha for Auromode SPA



PITANGA CULTURAL CENTRE



December

Monsoon note: In case of heavy rain ½ an hour before the start of a class, please consider the class as cancelled.

Yoga and Classes

Days	Drop-in Classes	Timings	Presenters
Monday	Sivananda Hatha Yoga, not on 15/12	7:30–9am	Nikki
	Yoga Therapy	8–9:30am	Gala
	Doing No-Thing Consciously	4–5pm	Mike
	Iyengar Yoga	5–6:30pm	Olesya
	Vinyasa Flow Yoga, starts on 15/12	5:30pm–7pm	Dinagar
Tuesdays	Yoga: Restore & Relax	4–5:30pm	Florina
	Kundalini Yoga to energize the Heart Center, strengthen the electromagnetic field, and balance the main glands	5:30–7pm	Bel
Wednesday	Sivananda Hatha Yoga	7:30–9am	Nikki
	Yoga Therapy	8–9:30am	Gala
	Dynamic Yoga Flow, starts on 17/12	5:30–7pm	Florina
	Vinyasa Flow Yoga, starts on 17/12	5:30pm–7pm	Dinagar
Thursday	Iyengar Yoga	6:45–8am	Olesya
	Prana Kriya	7:30–9am	Florina
	Aviva Exercise—for women only	4:30–5:30pm	Suriya-gandhi
	Iyengar Yoga	5–6:30pm	Olesya
	Yoga: Restore & Relax	5:30–7pm	Florina
Friday	Pranayama, for former “The Art of Living” course participants	6:45am–8:15am	François & Namrita
	Yoga Therapy	8:15–9:45am	Gala
	Readings of The Life Divine	4:30–5:30pm	Balvinder
	Vinyasa Flow Yoga	5:30–7pm	Florina
	Dynamic Yoga Flow, starts on 19/12	5:30pm–7pm	Florina
	Vinyasa Flow Yoga, starts on 19/12	5:30pm–7pm	Dinagar
Saturday	Iyengar Yoga	6:45–8am	Olesya
	Breathing & Mudras	8–9:30am	Gala
	Truth Based Relationships, practical sessions, not on 20/12	2:30–4:30pm	Juan Andres
	Iyengar Yoga	5–6:30pm	Olesya

Classes by Prior Registration

Days	By appointment	Timings	Presenters
Thursday	Neurographica®—Art Therapy for adults/ families	3–5pm	Gala
Monday to Friday	Ashtanga Yoga (self paced)	9–11am	Monica M.
Saturday	Ashtanga Yoga (led primary series)	9:40–11:10am	Monica M.

Youth Activities

These are ongoing educational programs and not drop-in classes. If a child is interested, parents need to talk to the teacher before joining the class.

Days	Drop-in Classes	Timings	Presenters
Monday, Wednesday	Teen Yoga	4–5:15pm	Lisbeth, Florina

These classes are for the teenagers from AV schools. Parents are invited to register their children with Lisbeth at the start of the school season. Florina takes the classes in Lisbeth’s absence.

Healing Space

Presenter	By Appointment
Afsaneh	Bio-Resonance (with Bi-Com machine) Chiropractic
Auromira	Shamanic Healing
Francesca	Antigymnastique®
Gaspard	Sound Healing Therapy with Singing Bowls
Heidi S	Acupuncture
Jivatma	Sarga Bodywork®
Juan	Thai Yoga Massage
Olesya	Visceral Massage Neurology Massage Psychosomatic of diseases Women’s Health Therapy
Patricia G	Shiatsu (for Auroville residents only). Contact directly via WA message to schedule an appointment: +91 9487230399

New Activities

Ashtanga Yoga with Monica M.

- Mondays to Fridays, 9–11am (self-paced)
- Saturdays, 9:40–11:10am (led primary series)

Ashtanga Yoga, practiced in its correct sequential order, gradually leads the practitioner to rediscovering his or her fullest potential on all levels of human consciousness: physical, psychological, and spiritual.

Through the practice of correct breathing (Ujjayi Pranayama), postures (Asanas), and gazing point (Dristi), one gains control of the senses and a deep awareness of oneself. By maintaining this discipline with regularity and devotion, one acquires steadiness of body and mind.

- Classes with prior registration only. No drop-ins.
- Booking with the teacher only: marinonimonica@gmail.com or scan QR code:
- More information: www.monicaamarinoniashtangayoga.com or +39 3917254083 WA



Dynamic Yoga Flow: Bhandas, Pranayama & Asana with Florina

- **Wednesdays & Fridays, 5:30pm—7pm**
- Class opens to all levels. Going deeper is a never-ending process.

Each class brings a different energy—we honor that together. We co-create and flow deeper into ourselves and our perception. We use inner attention, bhandas, pranayama techniques, asanas and different aspects of the 8 limbs of yoga. Join us, let's co-create the next flow.

Kundalini Yoga to energize the Heart Center, strengthen the electromagnetic field, and balance the main glands with Bel

- **Tuesdays, 5:30—7pm**

This December, we will energize the Heart Center, strengthen the electromagnetic field, and balance the main glands—so love can flow freely, bringing clarity, intuition, and a deeper sense of connection.

Why Practice Kundalini Yoga

- Practice Kundalini Yoga if you are ready to meet your true self—beyond the roles, the expectations, the habits.
- Don't come just to get stronger or more flexible.
- Come if you want to feel deeply.
- To cry because you've finally touched the beauty within you.
- To rest in the peace that rises when you hear the voice of your own soul.
- Practice Kundalini Yoga to remember who you really are.

How does it work?

- Through movement, breath, and awareness.

We use asanas, breathwork, pranayama, bandhas, mudras, and mantras to release old blockages—emotional, physical, and energetic. To free the memories that no longer serve you. Every week we explore a different kriya.

Come and experience the inner silence within yourself.

Beginners are always welcome!

Bach Flower Counselling with Rosalba

For almost a decade, Rosalba has been offering healing sessions combining Bach Flower remedies and Mandala art, inspired by C.G. Jung's teachings, as tools for self-knowledge and the harmonization of the different parts of one's being.

Many in Auroville have experienced the benefits of this unique blend of systems.

"Coming to Auroville marked the beginning of a journey in Consciousness, following the path of Integral Yoga of Sri Aurobindo and The Mother. It was here that I discovered the world of flowers and their subtle power—first by collaborating with a woman who had learned directly from The Mother, then with a homeopath who integrated Bach Flowers into her treatments, and later through formal training at the Bach Centre in England.

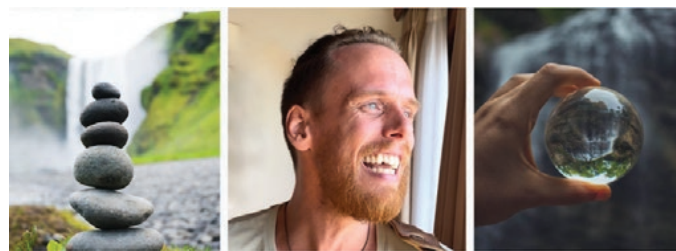
Today, I continue to offer these sessions at Pitanga, where I bring together drops of light, color, flowers, and fragrance to support inner balance and peace."

Pitanga joins Auroville's journey toward a cashless economy. Contributions are digital—either by FS account, Aurocard or UPI payment. Thank you for letting your guests know!

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

Anandamayi for Pitanga Team,
2622403/ 9443902403 WA,
info@pitanga.in

INTEGRAL UNFOLDMENT Transformational Coaching



Ready to go deeper? Explore your inner world gently, at your pace, with presence, curiosity & compassion.

Whether you're navigating life changes, seeking purpose, or feeling called to reconnect deeply with yourself, I offer 1:1 sessions grounded in presence, parts work, and embodied wisdom.

Curious to explore what's unfolding in you? Let's have a conversation...

By Dave (JOI Anitya),
+44 7564119728 WA

BORN FREE TO LIVE FREE

Wednesday, 17—Friday, 19 December,
12:45pm—1:45pm, 3 days @ Pitanga



Workshop by Ange Sabine Blanchflower

Ange invites, "Discover how you can deconstruct the Beliefs that keep you from living your best life and your Purpose."

Ange Sabine Blanchflower is a Consultant with the Proctor Gallagher Consultants Division.

Her mentor Bob Proctor is to this day the leading Teacher of Self Development and Human Potential. And the approach is a holistic one—Spiritual, Mental and Physical.

- Registration required! Please contact Pitanga:
info@pitanga.in, + 91 9443902403 WA

Anandamayi

ACTIVITIES BY GRACE GITADELILA

KolamYoga: KolamYoga offers one off Introduction sessions and /or Initiation sessions into the Integral 12 sessions foundation course. Develop power, beauty and knowledge in gestures guided through ancient symbolic scripts made contemporary. Return to deep relationship with yourself and Nature. Learn how to place yourself in its protection.

- <https://youtu.be/IErbDiGJVTA?si=z5yoS-chugMMnM6a>
- www.kolamyoga.com
- Book appointment with Grace Gitadelila,
+91 8072449091 WA

Kotree Yoga: Private one on one sessions with Grace Gitadelila. Who has four decades of experience working with the body as a vehicle of expression, a carriage, a house, a temple in infinite manifestations of creations aspiration.

Gentle, strong movements, in chain sequence, held poses, alternated with rest and active guided recovery pauses, are fueled by conscious breathing. Each session inviting more and more a conscious integration of a whole beingness into the present moment. Activating wellbeing in a flowing liquid body.

- <https://youtu.be/DvxK5KR6u3M?si=cOdDK2YbfPs-ErYG>
- Book appointment with Grace Gitadelila,
+91 8072449091 WA

Grace

ARKA WELLNESS CENTER PROGRAM

December

arka@auroville.org.in, 0413 2623799



Treatments

Therapist	Treatments, When
Barbara	- Yoga of Mother and Sri Aurobindo - Healing and Awareness on all levels (physical, vital, emotional, mental and psychic) - Mother's Flower Medicine (vibrational remedy) - Individual Sessions and Groupwork - Psychosomatic Therapy and Breath Therapy - Consciousness/ Energy/ Body Work based on Integral Yoga Only by appointment baritam@auroville.org.in
Pepe	- Body Logic, Soft Massage, Deep Tissue Massage - Monday to Saturday By appointment, +91 9943410987
Silvana	- Cranio-sacral, Lomi Lomi, Kahuna massage, Barefoot body massage - Monday to Saturday, by appointment only +91 9047654157
Antarjyoti <i>English & French</i>	- Psychospiritual Introspective Tarot Reading - Deconditioning Self Inquiry - I ching oracle - Inner/subpersonalities forces awareness Monday to Sunday, by appointment only 0413 2623767, antarcalli@yahoo.fr
Niyati Thakkar	- Integral Regression therapy - Integral reiki healing - Holotropic technique breathwork Monday to Sunday, by appointment only +91 7041391995, narayani-nc@auroville.org.in
Shruti	Physiotherapy, in Orthopedics. Neck pain, Frozen shoulder, any shoulder related pain, Low back pain, Knee pain, Heel pain, Muscle injury, Ligament injury, Sports injuries, Sciatica, Post fracture/ Surgical rehabilitation, Stroke/ Paralysis, Facial palsy/ Bell's palsy, General fitness, Ergonomic advice By appointment only, +91 7904769496 auroshruthi@auroville.org.in

Services

Aurokiya: Eye care center

- Monday to Saturday, 9am—12:30pm, 1:30—5pm
- +91 8012305151, aurokiya@auroville.org.in

Morning Star: Birth & women wellness

- morningstar@auroville.org.in

Maatram: Psychological & psychiatric consultation

- By appointment, +91 9087709434
- maatram@auroville.org.in

Convalescence Facility: Post-surgical and care facility

- For Aurovilians only, Max. stay 3 weeks
- Contact Arka 0413 2623799, arka@auroville.org.in

Emergency Services: Ambulance & emergency service

- +91 9442224680, ambulance@auroville.org.in

Svasti: Homeopathic consultation

- By appointment, +91 9428429642
- adititva@auroville.org.in

Health & Healing Trust: Administration office

- healthhealingtrust@auroville.org.in

Classes

Teachers	Classes	When
Damien	Acroyoga	By appointment only, +91 9047722740
Teresa	Pilates	Tuesday & Thursday, 7:30—8:30am Friday, 5:30—6:30pm. By appointment only, +91 7867998952
Aurosugan & Priyanka	Eye yoga and wellness retreat	Monday to Sunday, 7—8am By appointment only +91 8012305151/ 9704258709

For any details and queries, you can contact us at

arka@auroville.org.in, 0413 2623799 Ramana, Arka

VÉRITÉ PROGRAM, DECEMBER

www.verite.in



- 0413 2622045, 2622606, 9363624083
- or programming@verite.in, www.verite.in

Classes

Days	Drop-in Classes	Timings	Presenters
Mondays	Yoga Asana: Deep Stretch & Relaxation	7:30—8:30am	Radha
	Yogasana, Pranayama & Relaxation	9:15—10:15am	Mani
	Pranayama and Vocal Toning	3:30—4:30pm	Nikki
	Deep Sound Bath	5—6pm	Satyayuga
	Hatha Vinyasa Yoga	5—6pm	Andres
Tuesdays	Sivananda Hatha Yoga	7:30—8:30am	Nikki
	Yoga to Improve Flexibility	9:15—10:15am	Kalidas
	Restorative Yoga	3:30—4:30pm	Mani
	Yoga Nidra: A Journey to Stillness	5—6pm	Radha
	Dance of the Chakras	5—6:30pm	Lakshmi
Wednesdays	Yoga Asana: Deep Stretch & Relaxation	7:30—8:30am	Radha
	Yogasana, Pranayama & Relaxation	9:15—10:15am	Mani
	Hatha Yoga	3:30—4:30pm	Ivana
	Hatha Vinyasa Yoga	5—6pm	Andres
	Free Flow Wave	5—6:30pm	Vera
Thursdays	Sivananda Hatha Yoga	7:30—8:30am	Nikki
	Prana Vidhya	9:15—10:15am	Kalidas
	Open Heart Space Meditation	3:30—4:30pm	Samrat
	Shamanic Breathwork & Free Movement	5—6:30pm	Lakshmi
	Deep Sound Bath	5—6pm	Satyayuga
Fridays	Pranayama & Meditation (No Class on 26 December)	7:30—8:30am	Radhika
	Somatic Yin Yoga (No Class on 26 December)	9:15am—10:15pm	Radhika
	Hatha Yoga	3:30—4:30pm	Ivana
	Ancestral Dancing Flow	5—6:30pm	Vera
	Surya Kriya & Yoga Nidra with Live Music	5—6pm	Munay & Sitara
Satur-days	Balancing Asanas	7:30—8:30am	Kalidas
	Deep Sound Bath	5—6pm	Satyayuga
	Cosmic Dance Wave	5—6:30pm	Sandhya

Therapies

Pre-registration required

Therapist	Therapies (by appointment only)
Ashok	Cupping Therapy
	Deep Tissue Massage Therapy
	Acupressure Therapy
Mamta	Face & Neck Massage
Mani	Yoga Chikitsa: Personalized Yoga Therapy
	Thai Yoga 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
	Head Massage & Hair Care
Radha	Ayurvedic Massage
	Swedish Massage
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
	Holistic Rebalancing Massage

Workshops: Pre-registration required

Day & Date	Workshops, pre-registration required	Timings	Presenters
Saturday, 6 December	Collectively Clarifying Our Values and Purpose	9:15am—12:15pm	Kaia, Munay & Radhika
Saturday, 6 December	Introduction to Ayurveda & Its Lifestyle	2—4pm	Dr Geeta
Saturday, 13 December	Integral Decision Making	9:15am—12:15pm	Kaia, Munay & Radhika
Saturday, 13 December	Restorative Yoga	2—4pm	Kalidas
Saturday, 20 December	Pawanamuktasana Series: Energize the Joints	9:15am—12pm	Mani
Saturday, 20 December	Yoga Nidra: Deep Relaxation	2—4pm	Kalidas
Saturday, 27 December	Panchakarma: Ayurvedic Purification Techniques	2—4pm	Dr Geeta

Integral Decision Making w/ Kaia, Munay & Radhika

• Saturday, 13 December, 9:15am—12pm

Through guided activities & reflection, we'll observe how awareness & participation shape intelligent, harmonious choices. Together, we'll deepen our understanding of what it means to make decisions with integrity & wholeness.

Restorative Yoga with Kalidas

• Saturday, 13 December, 2—4pm

Helps the body to elicit the relaxation response. Gentle and breath coordinated movements helps restores the body to its parasympathetic nervous system function.

Pawanamuktasana Series: Energize the Joints w/ Mani

• Saturday, 20 December, 9:15am—12pm

A structured series focusing on gently and safely moving the joints, from the toes to neck, to help release energy blockages and reduce stiffness and muscular tension. The practice enhances circulation and range of motion, supporting a balanced flow of prana (vital energy) throughout the body, which is often experienced as an increase in energy level and a sense of lightness in the body-mind.

Yoga Nidra with Kalidas

• Saturday, 20 December, 2—4pm

Our modern lifestyle often interferes with the ability to experience deep rest and sleep. Yoga Nidra facilitates a state of deep relaxation, where the mind can become quiet and the body can heal, repair, rejuvenate and recharge itself. Learn to consciously relax the body and mind.

Yoga & Mindfulness: Graceful Self Acceptance w/ Anu

• Saturday, 27 December, 9:15am—12pm

Come home to yourself! Movement, breathwork, & mindful reflection that allows us to embrace our imperfections and honor our uniqueness. An invitation to simply be—without needing to fix or change.

Panchakarma : Ayurvedic Purification Techniques with Dr. Geeta

• Saturday, 27 December, 2pm—4pm

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

Hon

BODY AWARENESS

& Relaxation with Hans

Wednesdays, 5—6:15pm

@ Budokan Dojo, Dehashakti

For more info: 81 10848123 WA

Hans

Languages

NEWS FROM

**Auroville Language Lab
11 December**



Tomatis

We still have some spaces for Aurovilians, Newcomers and Volunteers adults, teenagers and kids to do the Tomatis listening training programs—so don't delay to grab these spots. Have a look at <https://www.aurovillelanguagelab.org/alfred-tomatis-method/> for more info. If you have been waiting a while, or thinking about this for long, now is your chance. Send an email to tomatis@aurovillelanguagelab.org. Due to some postponements, two-week and three-week slots have opened up, which are great for the 30-hour Wellness Listening Training programs or shorter language programs. Open to all.

• Resonance, the book!

Check it out at <https://books.aurovillelanguagelab.org>

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

Semi-Open House for Tomatis

• Saturday, 13 December, 10am—12noon

Teachers in particular are most welcome to come and experience it, in preparation for the upcoming school programs!

Current Schedule of Classes, 11 December

	Description/ Level/ Teacher	Duration/ Cycle	Time & Day(s) of Classes
English	Pre and Intermediate speaking & communication with Riki	8-Hour Monthly, Always ongoing	10:30–11:30am, Tuesday & Thursday
	Beginner with Ashwini	24-Hour, 3 Months TBA	5–6pm, Wednesday & Thursday
	Intermediate with Alex	16-Hour, 2 months Started 4 November	5:30–6:30pm, Tuesday & Friday
French	Beginner with Jean-François	16-Hour, 2 months, 10 November	2:30–3:30pm, Monday and Wednesday
	Intermediate with Jean-François	16-Hour, 2 months, 11 November	2:30–3:30pm, Tuesday & Thursday
	Intensive with Isabelle—Full	20-hours (2 weeks) Started 17 November	11am–1pm Monday to Friday
Mandarin Chinese	Beginner with Shiu Hsieh	36 hours (3 months) 18 November	Tuesday & Thursday 10–11:30am
Tamil	Spoken Beginner with Ashok	24-Hour, 3 months, 20 October	9:30–10:30am Monday & Wednesday
	Spoken Beginner with Saravanan	24-Hour, 3 months, Starting 24-October	9:30–10:30am Tuesdays & Fridays
Hindi	Beginner with Ashwini	24-Hour (3 months) 1 December	3–4pm Monday & Friday
Spanish	Beginner with Mila	36-Hour (3 months) Presentation date: 1 December	4–5:30pm, Monday & Wednesday
Italian	Beginner with Karuna	8-Hour Monthly, Started 2 September	4–5pm, Tuesday & Friday
	Intermediate with Karuna	8-Hour Monthly, Started 4 November	4–5pm Tuesday & Friday
German	Beginner with Alex	36-Hour (3 months) Started 28 November	4–5:30pm Tuesday & Friday
Korean	Advanced with Mint	Started 28 November. Still open to registrations	11am–12pm, Wednesday

Private one-on-one classes possible for all languages; please inquire.

Film Shows

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

Beyond Language: Breath

- Tuesdays & Thursdays, 4:45–5:45pm

Didgeridoo classes by Sunny. Discover the Art of circular breathing and enhance this ancient practice. Instruments will be available. Duration is 3 weeks (6 classes). Please register a minimum of 2 hours prior.

Free Evening Programs

The evening conversation sessions are a chance for all to practice speaking with native speakers offering their time:

- Mondays 5–6pm:
 - French with Isabelle, 1st, 3rd and 5th week of the month
 - French w. Coco and Gaspard, 2nd and 4th week of the month
- Tuesdays: Spanish conversation with Joana 5–6pm
- Wednesdays, 5:30–6:30pm: Sanskrit chanting with Remesh
- Thursdays: English conversation with Alex 5:30–6:30pm
- Wednesdays, 5–6pm, Starting 12 November, open to all
The Mother's *Entretiens*: A series of *Reading and Discussion Sessions*. Practice French and explore the Mother's vision. Facilitated by Jean-François, French teacher at the Auroville Language Lab.

We are still looking for native speakers to facilitate German and Italian conversation. Any weekday from 5–6pm is open for people to offer their language.

Communication with the Lab:

Service through our BSNL phone numbers:

- 2623661 (Lab) and 2622467 (Tomatis).
- **For language-related matters:**
+91 9843030355WA.
- **For Tomatis:**
please use 0413 3509932.

Mita, Mano, Louis & Enzo

Cinema

BE PART OF THE STORY: SUPPORT

Multimedia Center Auditorium—Cinema Paradiso (MMC-CP)



Community cinemas worldwide thrive on support from their audiences. At Cinema Paradiso, our core funding now covers only basic maintenance. We handle everything else ourselves, from fuel to upgrades. Since COVID, operational budgets dried up, costs rose, and fewer events mean less income. Generator expenses once covered outside the budget now fall on us.

To cover ongoing expenses, we set a goal of 8 Auroville units. Three units already contribute **Rs 3,000/month each, and we are grateful for their support.** We now invite **5 more units** to join them. Individuals and film lovers are also welcome to contribute as well. **Every bit of support helps.**

Indian nationals and unit holders in Auroville (from any nation) can donate by setting up recurring or one-time contributions via the Unity Fund at our Financial Service. This ensures your support goes straight to **MMC—Cinema Paradiso (FS Account #105106)**. **Direct payments to our FS Account** are not considered donations and will incur 18% GST for us. However, if that works better for you, please go ahead. **Non-Indian nationals (from within Auroville or elsewhere)** are welcome to contribute by contacting AV Unity Fund at Financial Service for guidance.

Your contribution helps keep screenings alive and strengthens community spirit. Be part of the story.

Thanking you, MMC-CP Team
MMC/CP Group Account# 105106,
mmcauditorium@auroville.org.in.
Submitted by Nina

CINEMA PARADISO

@ Multimedia Center (MMC) Auditorium, Auroville
Film Program 15—21 December 2025

Cinema Paradiso—Multimedia Center is open to the community. Entry begins 15 minutes before showtime and closes once the film starts—please arrive on time. Kindly refrain from running in front of the screen or using mobile phones when lights are off. Food and beverages are not permitted inside the hall.

Indian—Monday, 15 December 8pm

Kantara: A Legend—Chapter 1

India, 2025, Writer-Dir. Rishab Shetty w/ Rishab Shetty, Rukmini Vasanth, Jayaram, and others, Action-Epic, 165mins, Kannada w/ English subtitles, Rated: U/A (PG-16)

The title stands for mystical forest or sacred wilderness. At the beginning of the 20th century, Kaadubettu Shiva and his family confront destiny in the forests of the Kadamba dynasty. Their struggles intertwine with ancestral rituals, divine forces, and the clash between tradition and power. This enthralling prequel to the celebrated film we screened in 2023 immerses viewers in myth, ritual, and discrimination, revealing resilience and legend. *Where myth awakens, legends are born.*

Potpourri—Tuesday, 16 December 8pm

Tsuma Yo Bara No Yô Ni (Wife! Be like a Rose!)

Japan, 1935, Writer-Dir. Mikio Naruse w/ Sachiko Chiba, Yuriko Hanabusa, Toshio Itô, and others, Drama, 74mins, Japanese w/ English subtitles, Rated: NR (G)

Kimiko grows up with her poetic but lonely mother Etsuko, believing her father Shunsaku abandoned them for a geisha. On her quest to find him, she meets him and his partner Oyuki. The truth she discovers challenges her understanding of abandonment, duty, and love. It is among the earliest Japanese sound films; the first from Japan to be released theatrically in the USA.

Selection—Wednesday, 17 December, 8pm

Interdit Aux Chiens Et Aux Italiens (No Dogs or Italians Allowed)

France-Belgium-Switzerland-Italy-Portugal, 2022, Writer-Dir. Alain Ughetto w/ Ariane Ascaride, Alain Ughetto, Stefano Paganini, and others, Animation-History, 70mins, French-Italian-German w/ English subtitles, Rated: NR (R)

This film is being brought to you in collaboration with Alliance-Française. At the beginning of the 20th century, Luigi Ughetto, Cesira, and their family leave their Italian village, crossing into France in search of hope. Through hardship, war, and discrimination, their journey shines with resilience and love. *This moving tale of migration has won several major awards.*

Interesting—Thursday, 18 December, 8pm

Famous Last Words: Dr. Jane Goodall (Famous Last Words)

USA, 2025, Dir. Ivan Dudynsky w/ Brad Falchuk & Jane Goodall, S1.Episode-1, 55mins, English w/ English subtitles, Rated: NR (PG)

This is a series that intends to preserve the last interview of cultural icons, released only after their death. In its first and only episode so far, presents the interview of Dr. Jane Goodall, the world-renowned primatologist, who shares intimate memories and unpublished stories about her life, thoughts, and scientific work. She passed away on 1 October at age 91, leaving a legacy of wisdom and hope.

International Film Saturday, 20 December, 8pm

The Man Who Invented Christmas

Ireland-Canada-USA-UK, 2017, Dir. Bharat Nalluri w/ Dan Stevens, Mark Schrier, Patrick Joseph Byrnes, and others, 104mins, English-Italian w/ English subtitles, Rated: PG

Behind every classic lies a journey of redemption. In this award-winning tale, Charles Dickens, weighed down by debt and doubt, discovers inspiration in his father John, his wife Kate, and the haunting figure of Scrooge. As imagination collides with reality, he crafts A Christmas Carol, rekindling hope, spreading joy, and forever reshaping holiday spirit.

Children's Matinee—Sunday, 21 December 4pm

Maya, Donne-Moi Un Titre (Maya, Give Me a Title)

France, 2024, Writer-Dir. Michel Gondry w/ Maya Gondry, Peierre Niney, Miriam Matejovsky, and others, Adventure-Animation, 61mins, French-English w/ English subtitles, Rated: NR

This film is being brought to you in collaboration with Alliance-Française. Little Maya invents magical titles each night, and her father Michel transforms them into playful animated adventures where she becomes the hero. Even across distance, their imagination keeps them close. This heartwarming, awarded film celebrates family bonds, creativity, and the joy of storytelling.

Classic World Cinema @ Ciné-Club

Ciné-Club Sunday, 21 December, 8pm

La Vérité (The Truth)

France, 1960, Dir. Henri-Georges Clouzot w/ Brigitte Bardot, Paul Meurisse, and others, Crime-Drama, 127 mins, French w/ English subtitles, Rated: R

Dominique Marceau moves into a cramped Parisian apartment with her violin student sister, Annie, to flee from a suffocating life in the province. However, instead of finding liberty in the bohemian city of light, the liberated Dominique will find herself accused of a hideous and shocking crime.

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

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

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

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

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

Submitted by Nina

CAN YOU/YOUR UNIT DONATE ₹3000/MONTH?

EVERY CONTRIBUTION COUNTS

ECO FILM CLUB: EVERY FRIDAY @ 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, 12 December

• Fifteen Minute City: Urban Planning Solution To Climate Change

18 minutes/ 2023/ CNA Correspondent

The documentary explores the concept of a 15-minute city, regarded as a key climate solution that fosters sustainable living and enhances 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

The documentary highlights the importance of preserving spiritual and cultural heritage while promoting sustainable living practices in Bhutan, ensuring the 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.

Aviram



About N&N

NEWS AND NOTES

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.

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.

The aim of New and Notes is to support any idea, that can shift Auroville as a community towards solutions:

- If you see the problem and can share creative and constructive ways of sorting it out, we will print your article.
- If you are unsatisfied how the things are going on and simply want to express your frustration, we will not.

Visiting hours: Monday & Tuesday, 10am—12pm

Hard deadline for submissions: Tuesday 3pm

Poster to publish: Width 9.5cm x Height 4cm

Katiya & Alexey, NewsAndNotes@auroville.org.in

Emergency Services

Ambulance (24/7):

- Auroville—9442224680
- PIMS—0413 2656271

Security (24/7):

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

Health:

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

Mental health 24/ 7 support:

- Vandrevala Foundation +91 9999666555

India Emergency Response Service (24/ 7): 108

Accessible Auroville Public Bus

avbus@auroville.org.in



Auroville TO PONDICHERRY

Monday to Saturday	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

Monday to Saturday	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