

Nairobi Centre of Sri Aurobindo Society  
March 2013 – Newsletter  
<https://sites.google.com/site/savitrinairobi/>

Dates to remember:-

1<sup>st</sup> March 2013 – Friday – Meditation at the Bhavan for Prosperity day at 6.30 p.m.

29<sup>th</sup> March 2013 – Friday – Meditation at the Bhavan for The Mother's first arrival at Pudducherry at 6.30 p.m.

Every Saturday: 5.15p.m. to 6.30p.m.: Meditation, "SAVITRI" studies, readings from "COLLECTED WORKS OF THE MOTHER – De Luxe Volume 16.

Every Sunday: 11.00a.m. to 12.30p.m.: Readings from "The Synthesis of Yoga"

Shrine: Sri Aurobindo's Shrine at Sri Aurobindo Bhavan is open from 8a.m. to 7p.m. You are welcome. It is a place for silent meditation.

#### NEWS

On 17th January 2013, the secretary of the Nairobi Centre presented 2000 booklets in ten titles to SOS Children's Village, Nairobi. The Village Director of Nairobi branch, Mr. Nasongo received the booklets on behalf of the Village, the booklets will also be distributed in Mombasa centre of the Village. He has also requested for an interactive talk on holistic upbringing of the children with the teachers of the SOS Children's Village, Nairobi at Sri Aurobindo Bhavan.

18th January 2013 - Nairobi Centre of Sri Aurobindo Society presented one thousand booklets in ten titles at Sri Aurobindo Bhavan to the Communications and Support Manager of Faraja Cancer Support Centre. He appreciated these booklets and said that the writings of The Mother and Sri Aurobindo will certainly help the patients to overcome their fears and sufferings. These booklets will be distributed among the patients and the careers of the centre and will be also kept in the reception area of the centre.

The Programme Secretary of Kenya Alliance for Advancement of Children was presented 300 copies of Ideal Child, Ideal Parent, Ideal Teacher and 50 copies of Right Upbringing of Children. These booklets will be distributed in various branches of the organisation to the teachers, counsellors and volunteers.

On 25th January 2013, Nairobi Centre presented two thousand booklets in ten titles to the Public Relations Manager of the Lions Sightfirst Eye Hospital at Sri Aurobindo Bhavan. They have patients coming from all parts of the country for the eye operations which are done on subsidised rates and the hospital is managed by Lions Clubs International. The booklets will be distributed among the patients and the staff.

## **ACCOMMODATION AT SRI AUROBINDO ASHRAM, PUDUCHERRY**

Given below are the details of guest houses maintained by Sri Aurobindo Society. Since the guest houses are part of the Society's aspiration to provide a physically and psychologically positive atmosphere to all, the visitors are expected to abide strictly by the rules and regulations of the respective guesthouses.

Charges to the guest houses vary according to the available amenities. Due to high demand (especially during the significant dates / darshan days), we recommend making early reservations.

### **Facilities common to SAS guest houses:**

Special passes to visit the Ashram main building which houses Sri Aurobindo and Mother's Samadhi from 5 am to 11 pm, are made available on request.

Visitors are welcome to join the daily evening collective meditation at the Ashram main building.

Coupons for taking food at the Ashram's Dining Room are available.

Those staying for longer periods can take up work offering in the Ashram.

Smoking, non-vegetarian food (eggs are an exception), alcohol and pets are NOT allowed inside any of the SAS guest houses.

**Please note:** Upon arrival at the guest house, Indian nationals must present their ID at the reception desk. Foreign nationals and Non-Resident Indians (NRIs) must present their passports and visa at the reception to fill out the mandatory Foreigner's Registration Arrival Report (Form 'C').

Online bookings are not available as yet. Please communicate directly with the guest house you are interested in either via email or by phone.

**Select a guest house to learn more:**

### **1. SEA SIDE GUEST HOUSE (SSGH)**

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**Address: 14, Goubert Avenue, Puducherry – 605 001.**

**Telephone: +91-413-2231700 / 2231701**

For any questions and reservations, email at [seaside@aurosociety.org](mailto:seaside@aurosociety.org). You will receive a reply within two working days.

#### **Check-in / Check-out timings and other rules & regulations**

Check-in time: 02:00 PM, IST | Check-out time: 12:00 PM, IST

#### **COMMON FOR SEA SIDE GUEST HOUSE AND THE RETREAT**

Cancellations must be notified at least 10 days in advance, for full refund of advance payment. Maximum stay at a stretch is limited to 30 days subject to availability and at times involves shifting of rooms.

Guest house main gate opens by 6:00 am and closes by 11:00 pm.

#### **Location & ambience**

- Located on the Bay of Bengal beachfront
- 5 min. walking distance to the Ashram, its dining room, and the shopping and eatery centres and heart of Puducherry
- Quiet atmosphere, aesthetically pleasing ambience and modern furnishings

**Meals**

Fully vegetarian. Eggs available only for breakfast  
 Breakfast & Tea: Complimentary (S. Indian & Western cuisines)  
 Lunch & Dinner: Buffet, available by prior order, on payment.

**Amenities**

Internet wi-fi – Available, at additional cost  
 Laundry facility – Available  
 Vehicle parking space – Available, only for two-wheelers  
 All rooms are air-conditioned. In case, with prior information, air-conditioning is not used, there will be a discount of Rs.100/day.

**In rooms**

TV – None  
 Refrigerator – Yes, small  
 Water Heater (shower) – Yes

**Rates/ day**

Rooms	Single	Double	Triple
Standard	Rs.1225/-	Rs.1225/-	-
Deluxe – sea facing (I & II Floor)	Rs.1625/-	Rs.1800/-	-
Deluxe – sea facing (Ground Floor)	Rs.1425/-	Rs.1600/-	-
Deluxe – non sea facing	Rs.1325/-	Rs.1500/-	-
3 bedded suite – sea facing (I & II Floor)	-	-	Rs.2300/-
3 bedded suite – sea facing (Ground Floor)	-	-	Rs.2100/-
3 bedded suite (non sea facing)	-	-	Rs.1900/-

Extra Mattress (no bed frame) Rs.300/-. Children below 5 yrs. will not be charged.  
 Taxes will be extra, as applicable.

**2. THE RETREAT**

The Retreat has similar features, amenities, requirements and rules & regulations as that of the Seaside Guest house, and is just a couple of blocks away from it.

**Address: 16, Goubert Avenue, Puducherry – 605 001.**

**Telephone: +91-0413-2231711**

For any questions and reservations, email at [theretreat@aurosociety.org](mailto:theretreat@aurosociety.org). You will receive a reply within two working days.

**Check-in / Check-out timings and Other rules & regulations**

Check-in time: 02:00 PM, IST | Check-out time:12:00 PM, IST

**Rates/ day**

Rooms	Single	Double	Triple
Standard Single-Non Sea facing	Rs. 1100/-	-	-
Standard Single–Sea facing	Rs. 1400/-	-	-
Deluxe–Sea facing (I & II Floor)	Rs. 1625/-	Rs.1800/-	-
Deluxe–Sea facing (Ground Floor)	Rs. 1425/-	Rs.1600/-	-
3 bedded suite Deluxe–Sea facing (with two toilets) I & II Floor	-	-	Rs.2500/-

3 bedded suite–Sea facing (Ground Floor)	-	-	Rs.2100/-
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Extra mattress (no bed frame) at Rs. 300/-. Children below 5 yrs. will not be charged.  
Taxes will be extra, as applicable.

### 3. INTERNATIONAL GUEST HOUSE (INGH)

**Address:** 47, Gingee Salai, Puducherry – 605 001.

**Telephone:** 91-0413-2336699/ 2221812

For any questions and reservations, email at [ingh@aurosociety.org](mailto:ingh@aurosociety.org). You will receive a reply within two working days.

**Check-in / Check-out timings and Other rules & regulations**

Check-in time: 02:00 PM, IST | Check-out time:12:00 PM, IST

Cancellations must be notified at least 15 days in advance, for full refund of advance payment.

Maximum stay at a stretch 30 days

Guest house main gate opens by 5:00 am closes by 10:30 pm.

**Location & ambience**

- Right in the heart of Puducherry’s downtown
- 3 min. walking distance to the Ashram, its dining room, and the shopping and eateries and main streets of Puducherry
- Simple and clean, with moderate furnishings

**Meals**

No meals, only tea and coffee are available on payment.

**Amenities**

Internet – None

Laundry facility – Available

Vehicle parking space – None

Meditation room – Yes, with a mini library

**In rooms**

TV – None

Refrigerator – None

Water Heater (shower) – In select rooms only

**Rates/ day**

Room types	New Wing (with Water Heater)	Old Wing
<b>Non-Air-Conditioned</b>		
Single Room	Rs.400/-	-
Double Room	Rs.650/-	Rs. 500/-
Suite (three-bed)	Rs. 950/-	Rs. 750/-
Suite (four-bed)	Rs. 1100/-	-
<b>Air-Conditioned</b>		
Deluxe Single Room	Rs. 600	-
Double Room	Rs. 1050/-	-
Suite with Two Beds	Rs. 1300/-	-

Extra mattress (no bed frame) or extra persons will be charged Rs. 175/- and Rs. 200/- respectively for non-A/c and A/C rooms.  
Children below 3 yrs. will not be charged.

### **Other Guest houses**

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Visitors can also try the Guesthouses managed by the [Sri Aurobindo Ashram](#).  
Alternatively, there are several Guesthouses managed privately, a list of which is available at the official website of [Tourism Department, Government of Puducherry](#).

### **VISIT TO MATRI MANDIR, AUROVILLE**

The Matri Mandir office issues a notice which is also put in the Ashram notice board for visiting for concentration in the inner chamber of Matri Mandir.

They want people to contact them directly before coming to Auroville. They should see both the videos — one on Auroville and the other on Matri Mandir in the Visitors' Centre in Auroville before they visit Matri Mandir. Also when they come here, they should not only see both these videos but also go around Auroville a bit to get the feel of the place.

They should send an e-mail at least a week in advance, to:  
["mmconcentration@auroville.org.in"](mailto:mmconcentration@auroville.org.in) and mention the details viz. the name, age and place of the person/s from where he/they are coming and the dates of their visit. They should also mention if they are coming for the first time or they have been before for concentration — If yes, when? (mention details).

They will get a reply soon. After sending the e-mail, If there is a delay in the reply, they can phone Matri Mandir office from 10-11.30 a.m (except on Tuesdays when it is closed). The phone number is (0091413) 2622204. If the phone number is not available, please send an email to contact.

Auroville people are not interested in tourists but in those who are really sincere for concentration in Matri Mandir.