

Auroville

# NEWS & NOTES

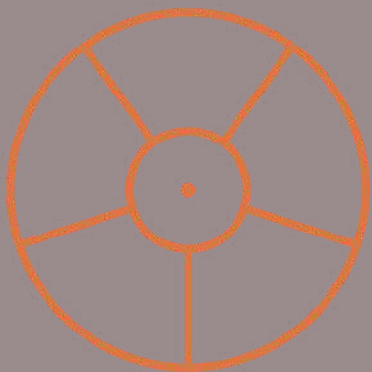
No 1020 - A weekly bulletin for residents of Auroville

28 March 2024

RA EDITION



Satire



## PONDERING

*[Someone trying to raise funds for Auroville requested detailed information about plans for development. When his letter was shown to Mother, she wrote]*

All these questions prove that you expect Auroville to be a continuation of all that has been done up to now.

Auroville wants to be a new creation expressing a new consciousness in a new way and according to new methods.

18 August 1969

Words of the Mother - Finance

<https://library.sriarobindoashram.org/mother/cwm13/chapter/30>

One must be thoroughly convinced of it before one can expect to receive that Consciousness. You know what I would say? It's a good sign—it's not pleasant, but it's a good sign.

But, of course, at best—at the very best—we are transitional beings. And well, transitional beings.... But the consciousness of the inner being ultimately gets stronger, you follow? Stronger even than the consciousness of the material being. So the material being can be dissolved, but the inner consciousness remains stronger. It is of that consciousness that we can say, "This is me."

Yes.

There you are. THAT is the important thing.

The important thing.

As for me, the purpose of this body is now simply: the Command and the Will of the Lord, so I can do as much groundwork as possible. But it isn't the Goal at all. You see, we don't know, we don't have the slightest knowledge of what the supramental life is. Therefore we don't know if this (Mother pinches the skin of her hand) can change enough to adapt or not—and to tell the truth, I am not worried about it, it's not a problem that preoccupies me too much; the problem I am preoccupied with is building that supramental consciousness. So IT becomes the being. It's that consciousness which must become the being. That's what's important. As for the rest, we'll see (it's the same as worrying over a change of clothing). But it must truly be IT, you see. And in order to do that, all the consciousness contained in these cells must aggregate, form and organize itself into an independent conscious entity—the consciousness in the cells must aggregate and form into a conscious entity capable of being conscious of Matter as well as conscious of the Supramental. That's the thing. That's what is being done. How far will we be able to go? I don't know.

You understand?

*Yes, Mother, I understand very well.*

How far we'll go, I don't know. I feel that if I last up to my hundredth birthday, that is, another six years, much will be accomplished—much. Something significant and decisive will be accomplished. I am not saying that the body will be able to get transformed... I have no such signs, but the consciousness—the physical, material consciousness becoming... "supramentalized." That's it, that's the work now in progress. And that's what's important. You too, you must be able, you must be destined to do that also, hence your disgust. But instead of dwelling on the disgust, you should dwell on the identification with the consciousness you are in when you are sitting still. You follow? That's the important part.

That's the important part.

*(Satprem rests his forehead on Mother's lap. Sujata approaches)*

I am beginning to understand why Sri Aurobindo always said it was woman (Mother caresses Sujata's cheek with her finger) that could build a bridge between the two. I am beginning to understand. One day, I'll explain. I am beginning to understand. Sri Aurobindo used to say: it is woman that can build a bridge between the old world and the supramental world. Now I understand.

*Yes, I understand too.*

Then it's all right. We must have patience.

*(Mother presses her index finger against Sujata's chest:)*

Will you remember what I said?

The Mother, Agenda, April 26, 1972

<https://incarnateword.in/agenda/13/april-26-1972>



How are you?

*I don't know, so-so.*

Nothing particular?

*No, Mother, nothing particular. And you?*

*(silence Mother sits gazing)*

You are more conscious of what has to be demolished than of what is being built.

Yes, it's true—yes, I am very conscious of that.

Yes, of what must be demolished, but it's more interesting to be conscious of what's being built.

*Yes, it's true—yes, I am very conscious of that.*

Yes, of what must be demolished, but it's more interesting to be conscious of what's being built.

*But, Mother, when at every step you're made to face all sorts of things that aren't very... that you want to get rid of.*

But that's down there *(gesture to the ground)*. You must look above.

*(silence)*

*But is it getting built in spite of all the resistance?*

Fortunately! Fortunately—because those who ought to be helping aren't helping. Thank God it's happening in spite of everything!

*(silence)*

It's like asking me whether the divine Consciousness is stronger than the obscure little consciousness of humans.

*(Mother plunges in)*

The Mother, Agenda, April 29, 1972

<https://incarnateword.in/agenda/13/april-29-1972>



# NEWS & NOTES GUIDELINES

## DEADLINE FOR SUBMISSIONS: TUESDAY 5PM

The content of News & Notes is a reflection of the growth process of this community towards its ideals of Harmony, Goodwill, and Truth. Editing of submissions, mainly for reasons of space and clarity, is done according to an established policy.

### How to submit material:

- Max size of posters should be 1 MB, JPEG format. Bigger posters will be reduced or cropped to fit.
- Please AVOID CAPS letters
- Material (no pdf files, please) may be sent in English only to **newsandnotes@auroville.services**
- Articles for the Notes section should ideally be no longer than 500 words.
- Please try your best to send your announcements, reports, film schedules whenever they are ready. Any modifications of submitted News items must be sent to the editors before **Tuesday 5pm**.

## DISCLAIMER:

Please note that the opinions and views expressed on these pages are solely those of the respective authors or work groups and do not necessarily reflect the position of the editors or the larger Auroville community. The News & Notes aims to provide a platform for the publication of diverse perspectives and voices from multiple sources within Auroville.

While our editors strive to ensure the accuracy of the information presented, we cannot guarantee that all information is free from error or omission. Additionally, we cannot be held liable for any alleged misinformation provided or offence caused by the content published.

In the event of any dispute, we encourage readers to consult with the Auroville Council, and we reserve the right to suspend the publication of disputed material. Our commitment to providing an open and inclusive platform for dialogue and exchange of ideas remains steadfast.

The News and Notes team  
**newsandnotes@auroville.services**

## LIST OF ACRONYMS:

**AVF** (Auroville Foundation), **AVFO/FO** (Auroville Foundation Office), **GB** (Governing Board), **RA** (Residents Assembly)

The following groups are divided in two categories: The groups selected by the Residents Assembly through Community decision making Processes and the groups put together by the GB and the FO (not recognised by the Residents Assembly).

### Working groups selected by the Residents Assembly:

Working Committee (WCom)  
Funds and Assets Management Committee (FAMC)  
Budget Coordination Committee (BCC)  
Town Development Council / L'avenir d'Auroville (TDC)

Auroville Council (AVC)  
Entry Service (ES)

### FO selected groups:

Working Committee (WC)  
Funds and Assets Management Committee (FAMC)  
Budget Coordination Committee (BCC / BCS)  
Auroville Town Development Council (ATDC)

Housing Service (HS)  
Land Board (LB)

## CONTENTS

01	House of Mother's Agenda
02	Guidelines / Table of Contents / Acronyms
03	<b>RA WORKING GROUPS NEWS</b>
03	<b>COMMUNITY NEWS</b>
03	Obituary
04	From The RAS
04	Community Sharing
07	Voices & Notes
09	Awakening Spirit / Poetry
09	Art & Culture
10	Job opportunities
10	Health
12	Education
13	Classes, Workshops & Healing Arts
17	Activities & Events
18	Foods, Goods & Services
21	Looking For / Available / Taxi share
22	AV Radio / Cinema
23	French N&N
23	AV Public Bus / Emergency Numbers
24	Cinema Paradiso Program

## NOTE FROM THE EDITORS

Dear Community,

### Here is some important information:

- You can read past issues and subscribe [HERE](#).
- If you wish to support the N&N community Edition, you can done at this account Nr: **FS #252150**.
- Content sent through [@auroville.org.in](mailto:@auroville.org.in) mail ID, will only reach us if you use this [FORM](#) to submit your content.
- The mail ID to submit content is: [newsandnotes@auroville.services](mailto:newsandnotes@auroville.services).

Thank you for your continued support!

In community,  
The RA Community Edition News and Notes Team

## FROM THE ENTRY SERVICE

### NO ANNOUNCEMENT THIS WEEK

If you need to contact the Entry Board, write to:  
[auroville.entryboard@gmail.com](mailto:auroville.entryboard@gmail.com)

## FROM THE RA WORKING COMMITTEE

### COMMUNICATION WITH THE GOVERNING BOARD

Dear Community,

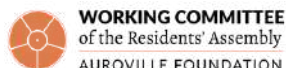
We would like to share with you [a letter written by the Aurovillian petitioner](#) in the case relating to the Town Development Council that has recently received a judgement by the Hon'ble Madras High Court (see our massbulletin dated 17th March for the relevant court order).

We have forwarded this letter to the Governing Board and its Secretary, with a copy to the International Advisory Council. The only responses received so far were by two members of the IAC, in their individual capacity. We will inform you of new developments, if any.

In community,

Your RA Working Committee

Aravinda, Bharathy, Chali, Maël (TOS), Sauro, Valli



## REPORTS FOR THE MONTHS OF SEPTEMBER 2023 TO FEBRUARY 2024

Dear Community,

We are happy to share with you two reports, which cover our activities for the months of September 2023 to February 2024. We hope you will take the time to read them.

Due to the ongoing developments and our packed agenda, we had struggled to publish such activity reports in the past months; but we are happy to announce that, thanks to the help of resource persons, we should now be able to resume publishing our bimonthly reports on a regular basis.

Please find attached:

- [Update & Report - September to December 2023](#)
- [Update & Report - January & February 2024](#)

Also, please note that links to access earlier communications and reports are included in our September to December 2023 report.

Please feel free to contact us with any questions you may have either by email ([workingcom@auroville.services](mailto:workingcom@auroville.services)) or in person at our open house on Tuesdays from 10 to 12.

In community,

Your RA Working Committee

Aravinda, Bharathy, Chali, Maël (TOS), Sauro, Valli



## COMMUNITY NEWS



### OBITUARY

#### CHRISTEL PASSES AWAY

This is to inform the community that our dear friend Christel left her body early morning on the 21st March. She would have been 56 years old on the 29th April.

For the past 30 years, in spite of her handicap, she kept coming to be among us in Auroville.

We will remember Christel as a dear courageous friend who made Auroville her second home.

This year, during her stay she was suffering from respiratory problems, which worsened on the return flight to France. Unfortunately, she could not reach home and she passed away in a hospital in Frankfurt where she had been admitted.

May Christel rest in peace in the arms of the Mother. Our thoughts go towards her brother and her nephew.

Lisa on behalf of her friends in Auroville



### PROCESS UPDATE - WHEN SOMEONE PASSES AWAY IN AUROVILLE

Dear community,

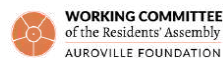
We want to bring to your attention an important and sensitive topic. It concerns some matters that come up in the case of your, or a friend or family members' passing. We've added an additional paragraph about personal belongings in the [attached](#) document, which we've circulated previously. Please take a few minutes to go through it.

We take this moment to give you a gentle reminder to be aware of, and informed about, these matters so that your wishes will be seen to by your friends, family, and loved ones.

If you have any questions, as always, please do not hesitate to contact us at [workingcom@auroville.services](mailto:workingcom@auroville.services).

Sincerely,

The Working Committee of the Residents' Assembly  
Aravinda, Bharathy, Chali, Maël (TOS), Sauro, Valli



### OBSERVATIONS IN THE 66TH GB MEETING MINUTES

Dear community,

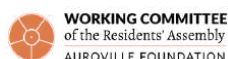
We would like to share with you our observations ([attached](#)) on the minutes of the 66th meeting of the Governing Board ([attached](#)).

We hope you will take the time to read both these meeting minutes and our observations, as they contain several points of concern.

Warmly,

Your RA Working Committee

Aravinda, Bharathy, Chali, Maël (TOS), Sauro, Valli



#### LORRAINE FREEMAN PASSES ON

This is to inform the community that Lorraine passed away peacefully today morning, at the age of 76, at Mahalakshmi home where she had been living for the last years. Lorraine hailing from the United States, where she had worked as a nurse.

She was a passionate and strong willed advocate for animals and shortly after her arrival in 2007 in Auroville she worked at the Integrated Animal Center.

In 2013 she stepped back from animal care and over the following years she worked in Pour Tous Distribution Center. She followed interests such as theater and comedy.

We wish her a smooth journey. Condolences to her family, and friends.



**SELECTION PROCESS 2024**

**NOMINATIONS NOW OPEN!**

18th March - 1st April 2024



Dear Residents,

We would like to remind you about the ongoing nomination process for the Auroville Council (AVC), Admission Committee (Entry Board) and Working Committee (WCom)\*.

According to [the selection process procedure \(PWG\)](https://shorturl.at/iCPZ2) (<https://shorturl.at/iCPZ2>), an Auroville resident can either nominate him/herself or nominate others to become Working Group members. All Aurovilians and Confirmed Aurovilians can participate in the selection process.

For more details (list of outgoing members, mandates, job description, requirements for candidates), please refer to [this document](https://shorturl.at/ikDHI) (<https://shorturl.at/ikDHI>).

\* - Selection for the **FAMC** is postponed since the Residents' Assembly (RA) has resolved that the RA Working Committee would "coordinate the functions of the FAMC until such time as the circumstances allow for the selection and functioning of a new FAMC of the RA" (Ref. RAD/03/2024/AVC).

**TDC** selection will happen once new regulations are created by the Residents' Assembly for approval of the Governing Board ([Madrass High Court order dt. 15.03.2024](https://shorturl.at/ikDHI)).

**HOW**

- **Online** – please use the following link to submit your nomination or nominate others: [https://auroville.formstack.com/forms/working\\_group\\_nominations\\_2024](https://auroville.formstack.com/forms/working_group_nominations_2024)
- **In person** – a printed nomination form is also available from the AVC room in Town Hall. Please fill in your form and hand it over to the Residents' Assembly Service (RAS) members / resource persons.

Please note, when nominating another person, the approval of the nominee must be sought prior to the nomination. If application is not complete, the RAS may seek clarification or additional information. If still incomplete the application may be discarded at the discretion of the RAS.

**Nominations will close on Monday, April 1st 2024!**

**WHEN**

The selection is planned for **27th, 28th of April 2024** (full days, timings will be confirmed in our future communications).

**WE ARE LOOKING FOR...**

Silent observers, facilitators and other volunteers  
For the selection process, an Organisational Team will be created by the RAS, comprising RAS members, silent observers, facilitators and other volunteers. Members of this team shall have no direct link with the potential candidates or selectors.

If you would like to join the Organisational Team, please contact us: [raservice@auroville.services](mailto:raservice@auroville.services).

**SELECTION GROUP**

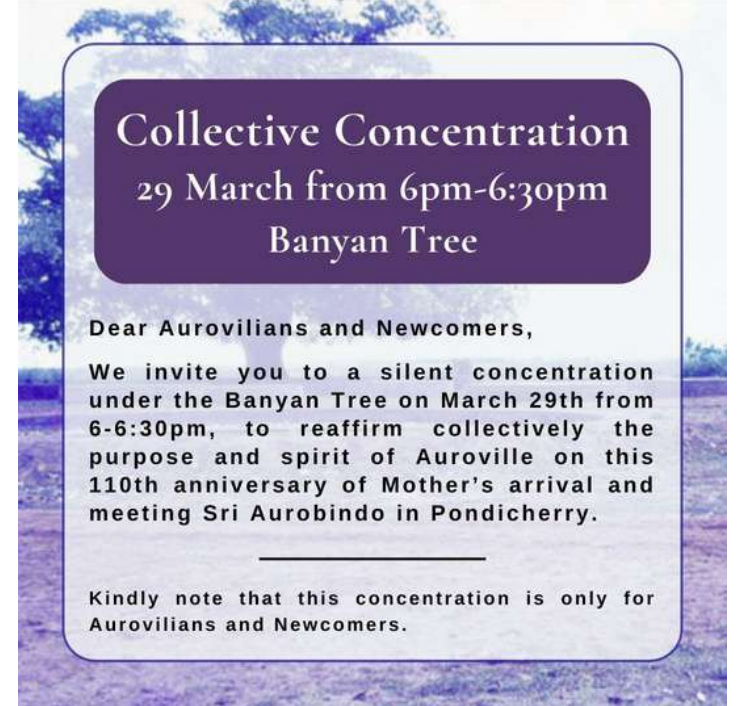
In the meantime, RAS is forming the Selection Group. According to [the PWG 2022](https://shorturl.at/ikDHI), the total number of Selectors should be 40: their names will be drawn completely at random from Aurovilians on the Master List. We will then contact them, providing the information they need to understand the Selection Process, and check if they will be willing to participate (the RAS is responsible for this process, and independent observers will witness the procedure to ensure that it is fair and transparent).

**Candidates for working groups and/or members of the Organisational Team cannot be in the Selection Group.**

~ Sincerely,

For the Residents' Assembly Service  
Manas, Tatiana

**COLLECTIVE MEDITATION - 29 MARCH @BANYAN TREE**



*Matrimandir*

**MEDITATION ON FRIDAY, 29.3.2024 - MOTHER'S FIRST ARRIVAL IN PONDICHERRY**

*"It matters little that there are thousands of beings plunged in the densest ignorance, He whom we saw yesterday is on earth; his presence is enough to prove that a day will come when darkness shall be transformed into light, and Thy reign shall be indeed established upon earth...."*

The Mother, 30.3.1914

**Morning Meditation on Friday, 29.3.2024**

the date of Mother's first arrival in Pondicherry  
**6.30 - 7 am** under the Banyan tree at Matrimandir  
Entrance from the Office Gate from 6 am.

Guests are requested to bring along their Aurocards.  
Last entrance for Aurocard holders at 6.25 am.

**Evening, 6 – 6.30 pm**

silent gathering under the Banyan Tree

Dear Aurovilians and Newcomers,

This is a special invitation to come together for a silent gathering under the Banyan Tree on this special day.

We invite all Aurovilians, for a collective concentration to reaffirm together the purpose and spirit of Auroville on this 110th anniversary of the Mother's arrival and meeting Sri Aurobindo in Pondicherry.

Kindly note that this concentration is only/specially for Aurovilians and Newcomers.

In aspiration for Her blessings and grace  
Matrimandir team and Community members.

**Aum!**

**SOS LETTER FROM AUROORCHARD**

Dear Jayanti ji,

This morning, land board members along with SO(R) Ms. Meenakshi were at AuroOrchard to address the land encroachment by Mr. Sathish of the ex- Auro-Oceanic hotel.

To our surprise, the new marking suggested by the SO(R) is even more disastrous as it takes away half of our vegetable field. This vegetable field (around 0.5 acres) produces a minimum of **4 tonnes of vegetables every year**, all of which goes to the community of Auroville.

The new fence cuts right through it, destroying the work done over several decades on this land and soil.

Additionally, another 3.5 acres of land has been registered, which takes away the other half of this field and half of **another vegetable field (around 1 acre).**

The total loss of vegetable production if this plan proceeds will be at least **10 tonnes per year.**

Needless to say, several lakhs of money have been invested in this part of the farm to develop intensive vegetable cultivation. The tireless labour of our workers over 40 years, several hundred volunteers and our collective aspiration of developing this area more and more - all stand to be lost due to this exchange which is done without any consultation with us in the first place.

This exchange also cuts off any access to the Ganesh temple from AuroOrchard. As you know, Mother had herself promised that the temple and its connection to this land would be maintained.

In November 2023, we proposed the parts of the land that can be exchanged and also offered to work together to find the best outcome.

Since then, we have always been told that we will be consulted for future exchanges but suddenly now we get to know that the exchange has happened and the land is already registered.

How does all this make sense in the context of wanting to help farms to increase production? AuroOrchard supplies over 60% of all fruits and vegetables produced by all Auroville farms. And we are going to lose a major portion of this due to a lack of communication from the Land Board and the SO(R).

**If these exchanges go through in the manner already decided, AuroOrchard may cease functioning due to the huge loss of cultivated land, crops, investments and motivation for the entire team.**

This loss can be avoided if we sit together and consider the alternatives. We have always been open to this discussion and I hope that we can prioritise what Auroville needs more than what the private developers are asking for.

I pray that you look at this issue from all perspectives and see the long-term impact of the losses AuroOrchard is going through on the spirit of this land and the people who have given their lives to develop it in the direction and with the promise made by the Mother- to grow food for Auroville.

We are reaching out to you for your help at this crucial time.

In service,  
Anshul  
on behalf of the AuroOrchard team

## MONTHLY TRANSPARENCY REPORT MARCH 2024

As part of our commitment to transparency, we are happy to present our report for March.

### Overview

New admissions: 18 (200 since April 2023)

Rabies suspect cases: 0

Adoptions and Releases: 25

Vaccinations administered: 225, all dogs boosted on Canine Care Camp

ABC shelter dog sterilisation: 25

Deworming: 260 doses for all of our dogs at Canine Care Camp



### Donations and Grants Awarded

This month we received Rs. 63,412 in monetary contributions which includes Rs. 50,000 funds from BCC. We are very happy to announce that AVI USA has awarded us this month a grant of USD 608 to support the running costs of the shelter. The Department of Animal Husbandry has recognized the Auroville Dog Shelter as a charitable organization for the welfare of animals and issued two grants of Rs. 8 lakh for the purchase of a new ambulance and Rs. 10 lakh for the infrastructure to build the new Auroville Dog Shelter.

### Expenditures

Animal Food: This month we fed our dogs 1.6 tons of rice, 2 tons of chicken, and 700 eggs, supplemented with donated food items like vegetables and daal which cost us approx. 1.5 lakh.

As one chicken farmer is buying all the cheap rice at a high market rate, it has been a tough struggle to purchase the necessary quantity of rice.

The price of rice has shot up from Rs 15 per kg to Rs 35. If you have any rice to donate to our shelter, we would appreciate it very much. We are also out of pedigree food which we use to supplement food for weaker dogs as the big manufacturers prefer rather to destroy nearly expired food than sell it to shelters for a discounted price.

Staff Costs: Total staff costs for this month for our workers, paid animal care staff, 3 veterinarians, and volunteers was Rs. 1 lakh this month.

Medical Costs: Using the grant money of the Animal Welfare Board of India we purchased microchipping equipment for 260 dogs for Rs. 38,350, 300 vaccinations for Rs. 80,325, and deworming for all our dogs in the value of Rs 9,677. Thanks to the awarded grant money we have upgraded our surgery with the purchase of surgical lights, an autoclave, sterilization sets, heating blankets, and endoscopes for the value of Rs. 21,300. Our Milaap fundraiser to sterilize 100 dogs in 100 days generated so far Rs 85,550 (29%) of the Rs. 3 lakh goal. Our costs for sterilizing 25 dogs this month had been Rs. 62,500

### Auroville Canine Care Camp

On March 26th and 27th, the first Auroville Canine Care Camp took place under the honorable presence of the Dean of Mettupallayam (RIVER) College, Dr. V. Sejian who brought 15 veterinary students to support our team and volunteers to microchip, vaccinate, register and deworm all of our dogs. Every dog received a new collar with their name and registration number on it. We have worked hard on our new website and taken great portrait pictures of all our beloved residents. The launch of the website will be on April 15th, when we celebrate our 1st anniversary. We are excited to announce that the Canine Care Camp event started the Auroville Dog Shelters collaboration with RIVER College which will serve as a hands-on training place for veterinary interns to gather experience under the guidance of our 3 vets.

### Surgeries and Vet Consultations

Since the beginning of February, Dr. Anandi and her team started regular sterilizations every Monday. We can sterilize a maximum of 7 dogs per day but intend to increase our surgery numbers from April onwards by adding an additional day for operations.

Despite our extremely tight budget we are committed to providing free or donation-based sterilizations for adopted former shelter dogs. We have started to provide free sterilizations for all the dogs of puppy camp. For other dogs, we ask for a donation of Rs. 3,000 per dog (Aurovilians Rs. 2,500). Despite trying to raise money for sterilizations through a Milaap Fundraiser, we still lack funds to sterilize more dogs. Unfortunately, we also had a bad experience as an Aurovillian (D.-K.) who had agreed to surgery for a dog she submitted, did not value the contract, and wanted to dump the dog after a successful operation in the shelter without payment. After insulting us, she also filed a complaint against us with town hall. We want to remind everyone that we do our utmost to sterilize as many dogs as possible by offering cost price which is a third of the price other vets are asking and we strive to do all we can to provide free surgeries for anyone who cannot afford it.

### Inauguration of the new Auroville Dog Shelter

On March 26th at 8.00 am the inauguration of the Auroville Dog Shelter took place at the new site adjacent to the Red Earth Riding School. A local priest, representatives from several Animal Welfare Organisations, Auroville officials, and lots of dog lovers and supporters of the Auroville Dog Shelter attended the ceremony. A golden pillar with a picture of Mother was set up and her presence felt in a silent meditation. We are excited that finally after many months of preparations, hard struggle, and many attacks from several sides to prevent the building of a new shelter, the new Auroville Dog Shelter will be realized. We thank a lot of people for their hard work to manifest an important part of Auroville.

We thank everyone for your continued support of the Auroville Dog Shelter! We are moving forward towards a bright future for our canine friends and everyone who loves animals.

Auroville Dog Shelter Team  
Tine, Joseba, Arthur, Kiran, Mar

# AUROVILLE YOUTH WORK SURVEY 2023 - PART 2C

Version: 2024-03-12 Done by: YouthLink



## Introduction

This is part 2c of a survey conducted by YouthLink on the financial situation of youth in Auroville. Part 1 was published last year in News&Notes 971 and 972, part 2a and 2b were published in last weeks. The survey results will be published in News&Notes in 4 chapters:

- 2a - An Auroville youth perspective on education
- 2b - The work situation of Auroville youth in 2023
- 2c - The financial situation of Auroville youth
- 2d - A working youth perspective on Auroville itself

Part 2 is based on detailed in person interviews with 51 young Aurovilians between the ages of 18-30 in the second half of 2023. We consider this study representative of young Aurovilians aged 18-30, only the very young Indian females in the age bracket 18-21 are underrepresented.

The financial situation of Auroville youth

We asked the Auroville Youth about their financial situation in 2023. This data includes 36 individuals working both inside and outside Auroville. 33 respondents also shared information about their earnings on a given scale. From these 33, 15 (45%) are Indian and 18 (55%) are Non-Indian; 19 (58%) are male and 14 (42%) are female.

Most respondents (11) answered that they earn about 20 000 INR per month. Nearly as many report that they earn 30 000 INR or more. On the other hand, 5 earn less than 10 000 INR.



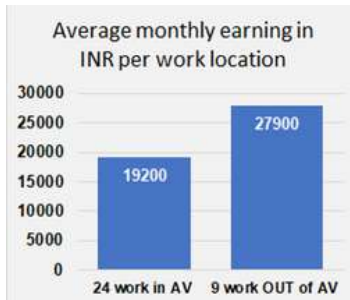
The big differences result also from the fact that some respondents work outside Auroville and some work only half time.

### What are the differences in income?

To get an idea what may cause the differences, we calculated averages by considering all “<10 000” as 8000 INR and “>30 000” as 31 000 INR. These are not exact averages but they give a tendency.

The 24 respondents that work in Auroville have an average income of 19 200 INR per month, 6 of them work half time.

The 9 respondents that work outside Auroville have an average income of 27 900 INR per month, 2 of them work half time.



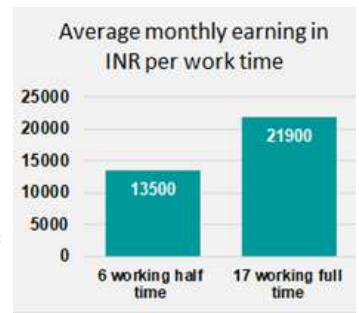
If calculated this way, the difference is 49% more for working out of Auroville. But the real average will be much higher, since we asked only for “30 000 INR or more”. Our scale does not work in Europe or USA for example, since the earnings may well be 3 to 5 times higher, but the purchasing power of money is also more than 3 times less than in India.

In addition, 30 respondents also answered another question regarding how much they would earn outside of Auroville but within the Indian context. 17 said they would earn a lot more, 11 said they would earn more, only 2 said they would earn less.

To take these incompatibilities into account, the following figures will exclude all respondents that work outside Auroville, to make the averages more comparable.

### What are the differences in income if working inside Auroville?

6 respondents in Auroville work 25 hours per week or less with an average monthly income of 13 500 INR. Average work hours per week is 16.8 hours.



The 17 full time workers in Auroville work an average of 43.3 hours per week and have an average income of 21 900 INR.

The difference in work time is 158% more for working full time, the monthly income is 62% more for full time.

The 18 respondents that hold team member roles in Auroville have an average monthly income of 18 400 INR and work 32 hours per week on average.



From the 11 respondents who work in an executive role, 7 work in Auroville and 6 answered the question about their income.

They earn an average of 21 700 INR per month, but they also work an average of 53 hours per week. The difference is 18% more income for executives but also 67% more work hours.

The 17 male respondents working in Auroville earned an average of 20 400 INR per month and work an average of 40.4 hours per week.



The 7 female respondents working in Auroville earned an average of 16 400 INR per month and work an average of 27.3 hours per week.

In Auroville, the female respondents earn 20% less than the male, but they also work 32% hours less.

The 11 Non-Indian respondents earned an average of 15 700 INR per month in Auroville and worked an average of 29.7 hours per week.



The 13 Indian respondents earned an average of 22 150 INR per month in Auroville and worked an average of 41.5 hours per week.

The difference is 41% more income for Indians and they also work 40% more hours.

The 9 respondents that work in a commercial unit or are self employed inside Auroville and answered the question on income earned an average of 19 300 INR per month and worked on average 38 hours per week.



The 15 respondents that work in an Auroville service unit earned an average of 19 100 INR per month and worked on average 35,5 hours per week.

The income is about the same for both groups, the respondents working in AV service units work 2.5 hours (7%) less per week.

### Is their working income sufficient for everyday life?

19 participants (53%) reported that their current income meets their daily needs. On the contrary, 17 respondents (47%) indicated that their income falls short of covering their expenses. Nationality or gender has no big influence on these answers. About half of the respondents are male and female in both groups and likewise about half of both groups are Non-Indian the other half Indian.

From the 10 young Aurovilians working outside Auroville only 1 said that his income is not sufficient for everyday life.

From the 26 respondents working inside Auroville, 10 (38%) answered that they earn enough for their everyday life. They have an average income of 22 000 INR and work on average

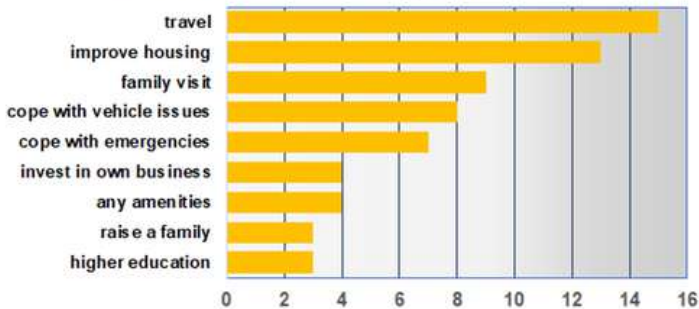
35 hours per week. The 16 respondents (62%) in Auroville saying that they earn not enough for their everyday life had an average monthly income of 17 700 INR and work on average

38 hours per week. There was not really a threshold: two respondents were able to adapt their lifestyle to a monthly income of about 15 000 INR or even 10 000 INR.

### What are important wishes/things that they cannot afford with their current income?

Since many respondents named multiple things that they can't afford, this data has 66 answers from 34 respondents.

Needs/wishes the working youth cannot afford



The largest unfulfilled wishes concern money for traveling (15 out of 34, 44%) or improve their housing situation (38%). Many respondents expressed challenges in meeting fundamental needs such as visiting their family (26%), raising a family (9%). Or they cannot afford pursuing higher education (9%) or invest in their own business (12%).

If their working income is not sufficient, how do they fill the gap?

In instances where their financial requirements exceed their income, participants resort to:

- (17) seeking support from partners, family, friends
- ( 8) engage in outside work (seasonal, abroad, online or freelance)
- ( 7) rely on savings they can use
- ( 2) adjust their lifestyles
- ( 2) utilize credit lines

Contact us

A big thank you to all our respondents for the time they took to carefully answer our questions and the trust they showed in us. We hope this study will give a clearer picture of the working youth of Auroville.

If you have any feedback, specific questions or would like to discuss the findings from this survey, please reach out to us at our email: [youthlink@auroville.org.in](mailto:youthlink@auroville.org.in).

## VIDEO OF COMMUNITY MEETING - 16 MARCH 2024

Dear community,

Please find the video of the recent community meeting that took place in Kalabhumi on the 16th March.

<https://youtu.be/7UjV07-qh1I?si=fa3OMZxy5ewTJiwU>

The organizing team



## VOICES AND NOTES

### AUROVILLE: A SELF-SUPPORTING TOWNSHIP

Excerpts from a most famous and exhaustive conversation, reproduced in the Agenda and in the Ashram Centenary Edition:

*"(Mother extracts from a heap of papers, letters and envelopes of all kinds, a note on Auroville, which was based on her words but written from memory.)*

*(Laughing) All this hangs together in a marvelous balance!*

*(Satprem reads out the note)*

*"Auroville will be a self-supporting township.*

*"All who live there will participate in its life and development.*

*"This participation may be passive or active.*

*"There will be no taxes as such but each will contribute to the collective welfare in work, kind or money.*

*"Sections like Industries which participate actively will contribute part of their income towards the development of the township. Or if*

*they produce something (like foodstuff) useful for the citizens, they will contribute in kind to the township which is responsible for the feeding of the citizens.*

*"No rules or laws are being framed. Things will get formulated as the underlying Truth of the township emerges and takes shape progressively. We do not anticipate."*

Is that all?

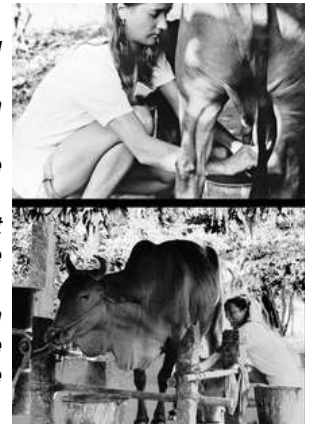
I thought I had said more than that. Because inwardly I said a lot, a whole lot about the organization of food and so on... We are going to try things out. ...

And you don't pay for your food, but you must give work, or ingredients: for example, those who had fields would give the produce of their fields; those who had factories would give their products; or else your work in exchange for food.

That alone does away with much of the internal circulation of money.

And in every field things of that sort could be found... Ultimately, it must be a town for studies – studies and research on how to live both in a simplified way and in a way such that the higher qualities have MORE TIME to develop. There.

It's only a small beginning.





"Auroville will be a self-supporting township."

I want to insist on the fact that it will be an experiment: it's to make experiments – experiments, research, studies.

*An experimental city?*

Yes... Auroville will be a city that will attempt to be, or strive or want to be, self-supporting, that is...

*Autonomous?*

"Autonomous" would be understood as a sort of independence that breaks off relations with the outside, and that's not what I mean.

For instance, those who produce food, a factory such as "Aurofood" (naturally, when we are fifty thousand, it will be difficult to meet the needs, but for the moment we'll only be a few thousand at the most), well, a factory always produces far too much... So it will sell outside and receive money. And "Aurofood," for instance, wants to have a special relationship with workers, not at all the old system – something that would be an improvement on the Communist system, a more balanced organization than Sovietism or Communism, that is, which doesn't too much lean either toward one side or the other. ...

*"Sections like Industries which participate actively will contribute part of their income towards the development of the township. Or if they produce something (like foodstuff) useful for the citizens, they will contribute in kind to the township which is responsible for the feeding of the citizens."*

That's what we've said. The industries will participate actively, they will contribute. If they are industries producing articles that aren't in constant need – and are therefore in amounts or numbers too great for the township's own use, so that they will be sold outside – those industries must naturally participate through money. And I take the example of food: those who produce food will give the township what it needs (in proportion to what they produce, of course), and it is the township's responsibility to feed everyone. That means people won't have to buy their food with money, but they will have to earn it.

It's a kind of adaptation of the Communist system, but not in a spirit of leveling: according to everyone's capacity, his position (not a psychological or intellectual one), his INNER position.

*In democracies and with the Communists, there's a leveling down: everyone is pulled down to the same level.*

Yes, that's just the point.

The true part is that every human being has the material right... (but it's not a "right"...). The organization should be such, arranged in such a way, that everyone's material needs should be met, not according to notions of right and equality, but on the basis of the most elementary necessities; then, once that is established, everyone must be free to organize his life, not according to his monetary means, but according to his inner capacities. ...

At bottom, the problem almost boils down to this: to replace the mental government of intelligence with the government of a spiritualized consciousness.

It's an extremely interesting experience: how the same actions, the same work, the same observations, the same relationship with the people around (near or far), how they take place in the mind, through intelligence, and how they take place in the consciousness, through experience. And that's what this body is now learning – to replace the mental government of intelligence with the spiritual government of the consciousness. ...

*Mother's Agenda, VIII, 1993, 30 December 1967*

Submitted by Paulette

## THE THE PENULTIMATE STAGE OF THE EXISTENTIAL QUEST

- The Supramental Yoga of the Avatars Sri Aurobindo and the Mother
- <https://incarnateword.in/>

Field of Play:

- Planet Earth

Focal Point:

- The Temple of the Supreme Divine Mother - Matrimandir
- <https://incarnateword.in/cwsa/32>



Gurukul:

- Auroville

Location:

- Bharat Mata, the Guru of Nations

Defining references:

- <https://incarnateword.in/agenda/09/february-3-1968>
- <https://incarnateword.in/agenda/09/february-28-1968>

Vision-Goal (in their integrality):

- The Dream
- The Auroville Charter
- To Be a True Aurovilian
- <https://auroville.org/page/core-documents>
- <https://incarnateword.in/cwm/13/aims-and-principles>

☸ Zech, 2024.03.25

## THE MAHAMANU OF SATCHITANANDA

Once upon an instance before time and space, in the ever-flowing ever-undulating motion of Silence and Oneness, the ever-Conscious and Powerful ever-Blissful Beingness, Satchitananda, again stirs and utters the Supracosmic Word...

☸

From its bosom emerges this particular universe with its endless expanse of Space, Akash, the extension of Consciousness, from where starts to quiver Time, the movement of Consciousness.

And as Consciousness is inseparable from Beingness, Force and Bliss, from here to there joyfully zoom and dart speckles of colours, colliding, merging to form the first atoms of Air, Vayu. A single electron and a lone proton start dancing with each other, and Hydrogen forms and fills Space. Other elements with differing atomic configurations follow suit. In a flick of an instance appears Fire, Agni, igniting Vayu into balls of solar stars, brightly burning from its freedom-searching packets of energetic photons, as if they can really escape from the inherent Cosmic Union.

All these marvellous happenings are just a continuum of individualisation.

Tickled by the solar and electromagnetic heatwaves of Agni, the multi-faceted catalytic element of combustion and transformation, other gaseous elements form in the continuing expansion and contraction of this Universal Consciousness-Force. At one thoughtpoint an Oxygen atom starts flirting with two Hydrogens, and in their union drips and forms Water, Jala. Other atoms too excited by the hyperheat of Agni bind together and create massive stars with so much pressure that they tremble and contract within themselves, binding atoms to form ever-heavier elements and violently expand and explode! Kaboom! Some in a Supernova explosion! Kapow! Creating the ever heavier solid elements, Prithvi, that will eventually be fused together by gravity and electromagnetism, forming the asteroids, comets and planets, including a special one most suited as a divine field of evolution, a Bhumi, like this blue planet we call Earth.

Bhumi the future home and playing field of Manu, the archetypal man, swirls and dances with its moon, cools and forms with all the potentialities of Matter. Thus even before Manu comes, the Life-Force, Prana, Chi or Energy, descends and induces from the Five Elements the fluttering emergence of the most basic microbial, fungal, vegetal, animal and countless sorts of complex life forms, ever-searching for love and re-union, and in this process of ecstatic convergence consumes other elemental forms. And so is revealed, Energy is Matter. Energy is neither created nor destroyed, it just changes form. As the ancients say, the eater is also eaten, this the first movements of Divine Love reuniting with its lost selves. I eat you and we are one.

...

Continue reading [HERE](#)

☸ Zech, 2024.03.23



## AWAKENING SPIRIT

### INTRODUCTION TO THE INTEGRAL YOGA OF SRI AUROBINDO AND THE MOTHER

Tuesday, 2nd April, 9 am - 12 noon  
Focus: The Collective Yoga

Led by Ashesh Joshi

Place: Mirabelle Education Centre, Auromodele  
Ph/Whatsapp: 9489147202 (Please register)

All are Welcome



### AMPHITHEATRE - MATRIMANDIR

Every THURSDAY  
6.00 to 6.30 pm



Meditation with Sri Aurobindo's long mantric poem, Savitri read by Mother to Sunil's music.

Enjoy the beautiful open space, an immense sunset, heavenly music 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.

Dear Guests, please carry your Guest Card with you.

**Access for the Amphitheatre only from 5.45 pm and until meditation ends.**

Thank you  
Surya for Amphitheater team

### A SATSANG ON THE INTEGRAL YOGA

A sacred gathering for the study and practice of the Integral Yoga of Sri Aurobindo and the Mother, founders of Auroville, the City of Dawn.

*"The first necessity is the inner discovery in order to know what one truly is behind social, moral, cultural, racial and hereditary appearances. At the centre there is a being free, vast and knowing, who awaits our discovery and who ought to become the active centre of our being and our life in Auroville."* — The Mother

We start right here, in the Eternal Now, from where we each are at this ever-progressive moment, and share our unique experiences on the path of rediscovering and embodying who we really are.

Facilitated by Zech Joya

Schedule: **Tuesdays and Thursdays, 5:30-7:00pm**

Venue: Conference Room, G/F SAIER Building, Town Hall Complex, Auroville



[Please click this link for details](#) or scan the above QR Code

## POETRY

In their interlocked gaze  
In that silent speech  
In a single look  
All is said  
And done

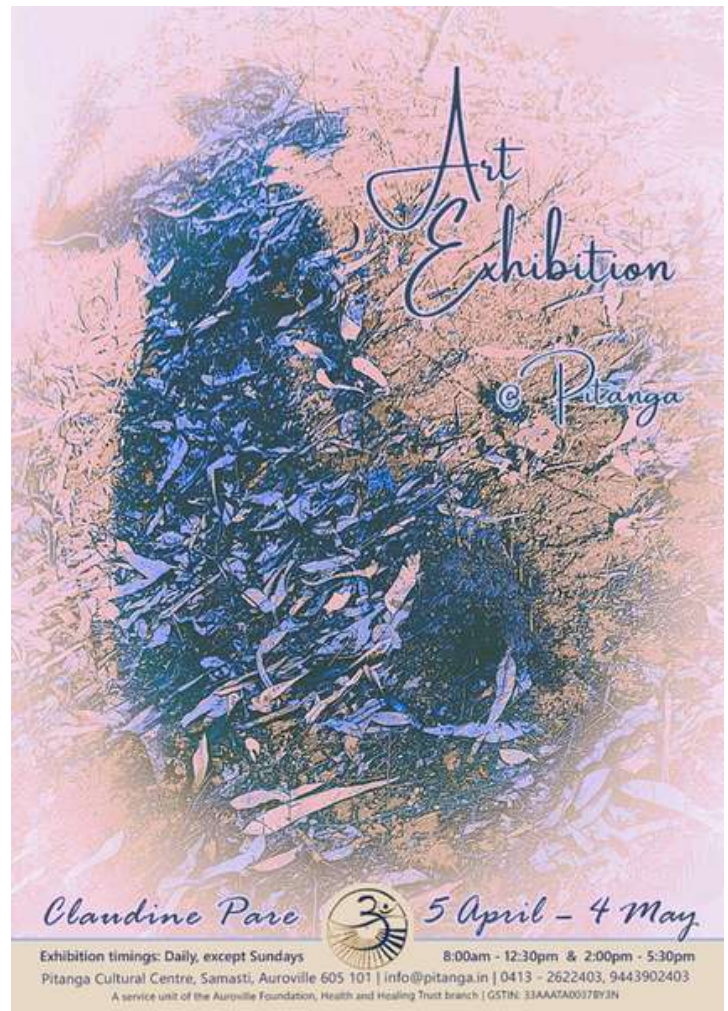
-Anandi Z.



## ART & CULTURE

### ART EXHIBITION BY CLAUDINE PARE

5 APRIL-4 MAY 2024 @ PITANGA



"Dear All,  
Nature is the source and resource of humanity.

It seems that humanity has shifted from being cradled by Nature to a kind of triumphant dominating attitude towards Nature that disdains the consequences of over-exploitation and destruction.

What is offered to you today is a glimpse of the natural, wonderful and very rich Beauty which is quickly disappearing day by day.

Some images are from Auroville itself and some are from the Tamil Nadu bioregion.

Soon displayed on Pitanga's walls, it is my pleasure to invite you to dive into the atmosphere these images provide and feel the relationship between you and what you perceive.

Please enjoy it."  
- Claudine

**DAVID BLAMEY** 2024 centre d'art auroville

**THE LONG NOW**

29 march – 13 april

opening 29 march, 4–6pm

monday to friday 2–5pm

saturday 10am–12pm, 2–5pm

centre d'art citadines auroville 605 101 india

@centre.dart centredart.in

2024 stellar adhesive paper on cardboard 21 x 29.7 cm

**JOB OPPORTUNITIES**

**ECO FEMME IS LOOKING FOR AN ORDER PROCESSING ASSISTANT**

Would you like to join us half time in Order Processing? You will liaise with our Sales, Non-Profit and packaging team to ensure timely delivery and tracking of all shipments as well as do local pick up and deliveries for our online and retail sales. We are based in Auroshilpam. Starting date: as soon as possible;-)

Skills required:

- Spoken Tamil, spoken and written English
- Basic excel and word
- Able to drive a scooter

For more detailed information and applications, please write to [jessamijn@ecofemme.org](mailto:jessamijn@ecofemme.org). Looking forward to hearing from you!

**HEALTH**

**FREE DIABETIC RETINOPATHY CAMP AT AUROKIYA**

In celebration of the upcoming Tamil New Year on April 14th 2024, we are hosting a Free Diabetic Retinopathy Camp. This camp is open to all members of the community and bioregion.

**Date:** 11.04.2024

**Time:** 9.00 AM – 1.00 PM

**Location:** Aurokiya Integral Eye Centre, Arka, Auroville

Diabetic retinopathy is a serious eye condition that affects individuals with diabetes, but with early detection and proper management, its impact can be minimized. At the camp, we will be offering free screenings for diabetic retinopathy, expert consultations, and valuable information on managing diabetes for optimal eye health.

We invite you to join us in this important initiative to prioritize your eye health and well-being. Together, let's take proactive steps towards a healthier future.

Please feel free to share this invitation with your family, friends, and anyone who may benefit from this event. No appointment necessary. Simply walk in during camp hours.

For any inquiries, reach out at + 91 **80123 05151**: [aurokiya@gmail.com](mailto:aurokiya@gmail.com)

Donations are welcomed to support our vision of eliminating blindness Ac. No: **251595**

In service to Vision

Aurosugan

Aurokiya Integral Eye Centre

**AURELEC RESTAURANT & ART GALLERY EXHIBITION**

## SANTÉ SERVICES IN APRIL 2024



### Working Hours:

Monday - Saturday 9:00 - 12:30pm & 2:00 – 4:30pm

### Tests and Sample collection:

Mon-Fri before 8:30 - 12:00 pm.

No sample collection on Saturday.

#### For emergencies, contact:

Auroville Ambulance (24/7) : Phone: +(91) 9442224680

Government Ambulance (24/7) : Phone: 108

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

<p><b>Doctor Consultation with Dr.Senthil:</b> Monday to Friday</p>	<p><b>Nursing Care:</b> <b>Thilagam, Ezhil, Archana, Sandhya:</b> Daily No appointment necessary</p>
<p><b>Ayurveda with Dr.Be:</b> Tue/Wed/Fri</p>	<p><b>Pregnancy Care &amp; Women's Wellness with Paula:</b> Tuesday &amp; Wednesday</p>
<p><b>Acupuncture with Andres:</b> Mon/Tue/Wed/Fri/Sat</p>	<p><b>Homeopathy with Michael:</b> TOS</p>
<p><b>Physiotherapy &amp; Massage with Galina:</b> Monday to Friday</p>	<p><b>Physiotherapy with Arun:</b> Monday to Saturday</p>
<p><b>Integrative Psychotherapy with Juan Andres:</b> Monday to Friday</p>	<p><b>Soundbed Session with Sandhya/ Thilagam:</b> Monday to Saturday</p>
<p><b>Bio-Well Assessment (Evaluation of your well-being) with Helena:</b> Inquiry through email (<a href="mailto:adminsante@auroville.org.in">adminsante@auroville.org.in</a>)</p>	

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.**

## TIME TO SUMMERNATE

### AYURVEDA HEALTHY TIPS



According to Ayurveda, the qualities of summer are hot, sharp, and penetrating. That's why our pitta dosha - the subtle fire that controls metabolism and transformation - can cause us to overheat. The sun saps the energy from the body, from the plants and the earth, increasing the heat and dryness.

Pitta needs to be looked after to maintain a good energy, mental clarity, joyfulness, good digestion and blood circulation, a beautiful glow of the skin and a sound sleep.

When Pitta is out of balance it will give skin problems, hot flashes, exhaustion, indigestion or loose stool. Emotionally, excess Pitta manifests through irritation, short-temper, impatience, judgement/criticism, perfectionism...

Before Pitta reaches uncontrollable heights, remain cool, calm and pamper the liver:

**With the food:** As Agni (digestive fire) weakens, it is better to eat light, unctuous (slightly oily), cooling food such as salads and juices.

- Favorable taste: Bitter taste, Sweet taste (to take moderately in case of diabetes and high triglycerides). Salty taste should be taken reasonably
- Drink water stored in earthen pot
- Raw food/salads are taken at lunch mainly
- Proteins: mungdal, chickpeas, beans, sprouts, nuts and seeds, non-veg: white meat, fish, seashell, dairies for breakfast or lunch, eggs
- Cereals for energy: jasmine rice, barley, oats, millet (fermented ragi)
- Vegetables: pumpkin, bittergourd, bottlegourd, snakegourd, ashgourd, cucumber (taken separately), salads, green leafy vegetables, broccoli, cabbage, celery, carrots, drumstick (moringa), zucchini, plantain
- Fruits: amla, pomegranate, banana, ramphala, chiku, papaya, apple, grape, date, watermelon and melon (to be taken separately), coconut
- Beverages: buttermilk, sweet lassi, coconut water, mint, lemongrass, cardamom, chamomile, nannari (sarsaparilla), amla juice, watermelon juice, vegetable juice, cucumber milk (blend ½ cup of peeled cucumber in 1 cup of milk with a pinch of sugar), electrolyte (1tsp lemon juice + 1tsp of sugar + 1 pinch salt in a glass of water),
- Lipids: ghee, olive or sunflower or coconut oil
- Spices: cumin, coriander, black pepper, turmeric, fennel seeds, fresh aromatic herbs (dill, coriander, fennel, mint, parsley, saffron)

#### Avoid:

- Pungent and sour tastes (especially for people who are Pitta dominant)
- Pitta increasing items: chillies, fermented (apart from idli and dosai), deep-fried, sour buttermilk or curd, red meat, alcohol (strong liquor, red wine), coffee ...
- Drinking beverages coming from the fridge or freezer during meals
- Ice-cream at the end of a meal (best to be taken when the digestion is finished, around 4pm)

#### Routine to favour:

- Avoid direct sun contact specially between 11am and 4pm, and protect from the heat by keeping a humid towel/cap on the head
- A nap of half an hour after lunch is allowed
- Body massage with coconut oil – if there's no time every day to apply oil on the body, then massage ears, hands and feet + pour 4-5 drops of coconut oil on the fontanelle

- Bath with cool water and apply a paste of sandalwood on the face, heart and lower abdomen (these are the 3 main parts that should remain fresh to maintain the coolness in the whole body); foot bath in the evening with vetiver roots, rose water or hibiscus flowers
- Swimming, Aquagym, any water activities. Qi-Gong, Tai Chi, light running: max 30 minutes early morning or late evening; walks in green environment, forest
- Soft yoga, pranayama (Sheetali, Sheetakari, ida nadi inhalation-left nostril inhalation), meditation with Gayatri mantra
- Walk under the moonlight, full moon bath
- Wear loose and comfortable cotton or linen clothes (white, blue, green, gray colours)
- Cooling jewellery: sandalwood beads, jade, pearl, amethyst crystals, moonstone, silver, aquamarine
- To refresh the ambiance use lemon or orange peel, jasmine flowers, lavender, wet cloth hanging at the open window, vetiver curtains

#### Cooling plants for the summer:

- **Amalaki – Amla:** refrigerant and full of Vitamin C, rejuvenative fruit
- **Aloe vera:** rejuvenates blood and tissues
- **Aegle Marmelos – Bael fruit:** make juice from the pulp and decoction with leaves, it calms body and mind. It is slightly laxative, do not take during pregnancy

- **Coriander:** seeds for urinary infections, kidney weakness
- **Red Hibiscus:** leaves and flowers for shampoo and conditioner; flowers for herbal tea
- **Manduka parni – Centella asiatica** leaves: rejuvenative and tonic for brain and nerves
- **Pudina – Mint leaves:** herbal tea or dishes
- **Radha consciousness – Clitoria Terneata** flowers: herbal tea or juice
- **Sarsaparilla – Nannari** syrup: soothing Pitta
- **Shataavari – Asparagus racemosus:** cooling, calming Pitta, very good for women to harmonize hormones
- **Vetiver** roots: for bathing
- **Yashtimadhu – Licorice:** to refresh the body and to calm irritation, inflammation or ulcer in the digestive tract

Wishing you a beautiful summer  
Berengere (Be) @ Santé Clinic

## EDUCATION

### TUTOR GRADE 1-12

Tuition classes open for students from grade 1 to grade 12. Please contact on my WhatsApp 8270512606. Ashwini



### SPOKEN ENGLISH AND HINDI

Hi! My name is Ashwini and I have an experience of 20 years as a Spoken **English, Hindi, Kannada and Marathi** language trainer for all levels. If you are interested in learning one of the above languages either in oral or written form please contact me on my WhatsApp 8270512606.

### NEWS FROM AUROVILLE LANGUAGE LAB

*Please remember to put your mobile phones on flight mode and switch off all wireless and Bluetooth devices before you enter the Lab. We are a wireless-free space!*

### Something New: Evening Programs!

From **1st February 2024**, we are launched a new experiment. The Language Lab has extended its opening hours from 5pm -7:00pm, Monday to Friday. We are offering special evening programs which include conversational practice with native language speakers, talks, as well as self-learning and guided study in different languages with our mediathèque. This program | is free of cost to everyone: Aurovilians, Newcomers, Volunteers, Guests and people from around the Auroville area. The Language Lab has always been open to all and this program will be as well. Ever learnt a language but feel a bit rusty now? Come and revive it! All, including Guests are welcome to join. Come share your language with others!

Conversation Practice sessions would be Mondays for Samskrit Tuesdays for Spanish & Tamil, Wednesdays for French & Chinese, Thursdays for English (On the Auroville Charter and The Dream) and Fridays for Hindi, German & Italian. Please come forward for other languages! All are welcome for these sessions.

Do let us know if you would like to be part of this experiment and what you would like to receive and offer, either as a participant or a facilitator, by sending an email to [info@aurovillelanguagelab.org](mailto:info@aurovillelanguagelab.org) or a WhatsApp message to +91 98430 30355.

### Samskrit Chants with Vishvanathanji

Learn Samskrit Chanting in the light of Mother and Sri Aurobindo.



We will learn 8 traditional Samskrit Chants, invocations to the Divine Mother, to deepen our aspiration, widen our receptivity, and to bring down in us samata, peace, courage, humility, sincerity, harmony, gratitude, and perseverance.

The sessions will be led by Vishwanathan, supported by his wife Lalitha. Their study of the writings of Mother and Sri Aurobindo has deepened and enlarged their understanding of the traditional Samskrit chants and in turn the chants are a great help in their sadhana. They feel blessed to share these traditional Samskrit chants.

**So, every Monday from 5 to 6 pm all are welcome to join to learn these inspiring Chants!**

### Our first full-length publication:

We are delighted to share that our first full-length publication, "From Resonance to Bonding" by Dirk Beckedorf & Franz Müller, is now available on Amazon! The book gives an in-depth explanation of the Alfred Tomatis method, its scientific basis, how and why it works, along with detailed case studies. Order through our website: <https://books.aurovillelanguagelab.org/>

You can access the detailed Table of Contents, as well as 2.5 chapters of the actual book for free [here](#), before deciding to order through Amazon.

This book has information for a wide variety of professionals in different fields, as well as laypeople. For example, midwives, doulas, gynaecologists, as well as pregnant women, parents-to-be and recent parents, will find the chapter on "Resonance in the Womb" full of incredibly fascinating information. It is an excellent summary of all the research since Dr. Tomatis' pioneering work in the early 1950s, on the development of listening in the womb.

For now, in India, it is only available as a Kindle e-book. You can use a free kindle app to access it (mobile, tablet or desktop). We are looking for sponsors to cover costs of the first print run, so that it can be available as a paperback.

### Looking for:

We found a volunteer for the Telegu translation editing work, and for most of the other tasks. But we could definitely still do with someone to help with fundraising and English Teaching. and We always welcome volunteer language teachers

### Tomatis

#### **There are spaces available for both language & listening training programmes!**

Please contact 0413-3509932 or 04132622467 or email us at [tomatis@aurovillelanguagelab.org](mailto:tomatis@aurovillelanguagelab.org) to schedule your Listening Tests & Consultations.

To know more about the Tomatis Method, please have a look at the following links:

- <https://www.aurovillelanguagelab.org/tomatis-method.php>
- <https://www.aurovillelanguagelab.org/tomatis-kids.php>
- <https://www.youtube.com/watch?v=wnpXprTl3m0>
- <https://www.youtube.com/channel/UCeTIG0y-sBMlyywZNdZcAng/videos>
- <https://www.listenwell.com/>

### New Language Courses at ALL

#### **New Beginner Hindi with Kaushal end of March**

Kaushal is a native Hindi speaker who is keenly interested in introducing the beauty and nuance of this language to eager learners. In this 16-hour (2 months) course, he will give an introduction to speaking, writing, and reading so as to familiarize students with the Hindi language.

Days & time: Wednesdays, 02:00 pm to 04:00 pm

Starting day: 27th March 2024

Duration: 16 hours (over two months)

#### **New Beginner Sanskrit with Kaushal end of March**

In this 16-hour (2 months) course, we start with the sounds and the alphabet, we shall enjoy exploring simple words, conversation and chanting of selected mantras.

Days & time: Thursdays, 02:00 pm to 4:00 pm

Starting day: 28th March 2024

Duration: 16 hours (over two months)

**If there's a language you would like to learn but it's not listed ... please let us know!**

**To join or enquire:**

Please fill out our form at <http://register.aurovillelanguagelab.org/>  
You may also drop us an email at [info@aurovillelanguagelab.org](mailto:info@aurovillelanguagelab.org),  
call us at 262-3661, text us at +91 9843030355 or come visit us!

**Please Note:**

Registration and contribution are essential before you join a course with us. Please see our team member at the front desk to ensure this is completed, thank you! 🙏

### Current Schedule of Classes

Language	Level	Time	Day(s) Of Classes
English	Pre-Intermediate & Intermediate	11:00am - 12:00pm	Tuesday & Thursday
	Conversation Intermediate Start date 8 February 24	4 - 5pm	Tuesday & Thursday
	Conversation Pre-Intermediate Start date 12 February 24	4 - 5pm	Monday & Wednesday
	Beginner Start Date 11 March 2024	10:30am - 12noon	Monday & Wednesday
French	Beginner Start date 10 February 2024	2:30- 4:30pm	Saturday
	Conversation Post Beginner Start date 10 February 2024	10:30am - 12noon	
	Conversation Intermediate Start date 5 February 2024	2:30 - 3:30pm	Monday & Thursday
Tamil	Spoken Beginner Start date 23 January 2024	9:30 - 10:30am	Tuesday & Friday
	Spoken Intermediate To Start March 2024	5:30 - 6:30pm	Tuesday & Friday
Sanskrit	Beginner Start date 28 <sup>th</sup> March 2024	2 - 4pm	Thursday
Hindi	Beginner Start date 27 <sup>th</sup> March 2024	2 - 4pm	Wednesday
German	A1.1 Beginner Start date 5 February 2024	9:30 - 11am	Monday & Wednesday
	German Elementary S&W To Start March 2024	4 - 5pm	Tuesday & Thursday
Spanish	Beginner Start date 24 January 2024	2:30 - 3:30pm	Monday
	Intermediate	2:30 - 4pm	Tuesday
Japanese	Beginner To start April 2024	TBA	TBA
Italian	Beginner Start date 7 February 2024	4 - 5pm	Wednesday & Friday
	Intermediate Start date 15 February	4 - 5.30 pm	Thursday

The Language Lab is open:  
Monday - Friday, 9am - 12pm & 2pm - 7pm  
Saturday, 9am - 12pm & 2pm - 5pm

Location:  
International Zone, after Unity Pavilion & Pump House.

Contact:  
Phone: (0413) 2623 661, 2622467, +919843030355 Email:  
[info@aurovillelanguagelab.org](mailto:info@aurovillelanguagelab.org)

### CLASSES, WORKSHOPS & HEALING ARTS

#### VIPASSANA MEDITATION

**Date:** Every Sunday

**Timings:** 8:00 AM - 12:00 PM but you can also drop in and join as long as you wish.

**No registration is required.**

**Venue:** Udavi School (2nd building on the left when you are at the front entrance), near Tank in Edayanchavadi (Auroville). Location [here](#).



Vipassana

As taught by S.N. Goenka



**Contact:** Sanjay Tumati,  
+91 8790982210 (available on WA)  
[sanjay@auraauro.com](mailto:sanjay@auraauro.com)

### BANSURI FLUTE CLASSES

## The Sound of Bamboo

Various Styles of the Indian Flute



**Bansuri (Flute) Group Classes With Michael Kalabhumu Music Studio**

**Every Friday** (Beginner: 11am-12pm, Advanced: 12pm-1pm)

Drop in is possible at any time, flutes available to borrow or buy.

**Contribution:**

- Aurovilians, NCs, Volunteers & Local Villagers: Free donation
- Guests: 500 INR

**More Info:** [www.the-sound-of-bamboo.com](http://www.the-sound-of-bamboo.com)

**To Donate:** <https://pay.auroville.org/divine-arts>

Learn More About Divine Arts:

<https://auroville.org/page/divine-arts>

**About Divine Arts:**

<https://auroville.org/page/divine-arts>

### WRITING FROM WITHIN

Writing from Within is a session to learn how to use the writing as a tool to get to know oneself, one's different sub-personalities, the unconscious strategies by which we sabotage ourselves but also the natural resources we have inside to overcome obstacles and evolve.



Moreover, many other creative writing exercises can also be practiced during the session, such as experimenting with sounds and rhythms of the words, rediscovering the innate talent of storytelling, reactivating lost creativity, exercising the inner muscle of imagination through memory, and much more. The sessions will take place at the European House.

**Duration of the session: 1h30min.**

For the Info and to book your session, write at

[ijustwannawrite.email@gmail.com](mailto:ijustwannawrite.email@gmail.com)

If you want to know more about me, check my Vlog "I Just Wanna Write" at <https://www.youtube.com/@IJustWannaWrite-ht9q/videos>

Or my blog <https://ijustwannawrite.com>

Let's keep up with the good writing!

Francesca

### TAI CHI HALL @ SHARNGA

The Tai Chi Hall in Sharnga community offers daily classes, six days a week.

**Mondays & Saturdays:**

- 7:30-8:30am Chi
- 8:30-9:30am Form

**Tuesdays - Fridays:**

- 7:30-8:00am Chi
- 8:00-9:00am Form

We practice three forms (24, 108 and 127) in the Yang style, as taught by the Inner Way School - Stevanovitch Method ([artduchi.com](http://artduchi.com)). All are welcome to drop in.

**Our next beginner's intensive is from February 12 to March 2, 2024.**

[taichi.auroville.org](http://taichi.auroville.org) / [taichi@auroville.org.in](mailto:taichi@auroville.org.in)



The next **1-year program** on the **Stars & Planets** begins soon! This is for anyone interested in personal growth and development using the **ancient Indian system**. You'll learn how to make and analyze your birth chart, and act from a space of vedic knowledge. I'm using a **pay-as-per-your-capacity** pricing model, to ensure that this is accessible to everyone.

Places are limited, and the program starts on **12th April 2024**.

In order to maintain the quality of learning and to ensure that you receive personalised attention, we will be limiting this batch to just 25 learners. This ensures focused guidance and fosters meaningful group interaction as well. Since there are limited spots, we will be selecting learners carefully. For details, and to register, pls visit: <https://www.allthingsvedic.in/astrology101>

Vikram, whatsapp: 98343948288

### CONSCIOUS NATURE IMMERSION AT MAHAKALI PARK

**About the Park:** MahaKali Park is one of the 4 parks of Auroville, which is developed as a place for holistic awareness and self-development through nature. We guide you into an educational and meditative walk in the forest. The historical experience of green spaces in the specific context of Auroville have led to a unique understanding of holistic ecology. Providing a space for a direct connection with the organic "web of life" brings, in turn, insights for our self-study and yoga of work.

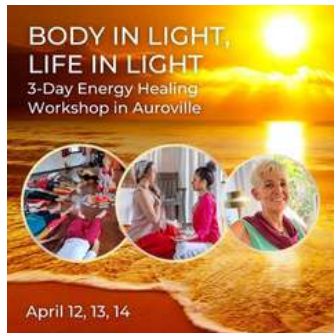


- When:** Every Wednesday and Sunday
- Contributions:** Accepted for the management of the site.
- Clothing:** Be adequately clad to prevent mosquito bites. You may also carry mosquito repellents.
- Venue:** Meeting point at Révelation's main gate 5-10 min before the time of the session (Search for "Revelation Forest" on Google Maps)
- Contact:** Vignesh +91 9620493716
- Please note:** The park is not yet accessible without our supervision, Thank you for your understanding!
- Gmap link:** [Revelation forest Auroville](#)

### BODY IN LIGHT: ENERGY HEALING WORKSHOP APRIL 12, 13, 14 (9AM-5PM)

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

- Heal old pains, patterns and programming
- Align to your Divine Essence
- Tune into mystical moments of realization by stepping into the frequency of the four powers of the



- Divine Mother: Wisdom, Harmony, Strength & Creation Dive into powerful techniques for self-healing, and explore Fundamentals, Principles and Universal Laws of energy healing.

**Location:** Bhumika Hall, Bharat Nivas, Auroville.  
**Facilitator:** Sandyra, Energy Healer & Teacher since 25 years.  
**Register now:** [contact@auroville-jiva.com](mailto:contact@auroville-jiva.com), or  
WhatsApp: +91 94436 19403.



### Auroville Aikido at AV Budokan (Dehashakti):

**Adults regular schedule for Beginners and others:** (with N. Murugan and Surya) Welcome to join this beautiful and complete practice in the form of a Japanese martial art: every Tuesday, Thursday, Saturday early morning from 6 to 7.30 am + Wednesday evening 5.15 to 6,30 pm.

**For children** classes (with Surya, Philippe G. and Cristo) and other info, please contact us: [budokan@auroville.org.in](mailto:budokan@auroville.org.in) and 83001 89062 (Surya) - 99528 12843 (Murugan/WA) - 83006 43963 (Philippe/WA).

Reasonable contributions required.

### BOTANICAL GARDEN: YOUTH SCHOLARSHIP PROGRAM 2024-25

Click [HERE](#) for the Application Form



**YOUTH SCHOLARSHIP PROGRAM 2024-25**

Looking for passionate youth in Auroville (17- 24 years) interested in a year-long environmental study opportunity.

**CALL FOR APPLICATIONS !**

Last date to apply : 14th april / '24

Applicants must have a defined study focus and a conceptual plan. The Recipient will be expected to work a minimum of 5 days a week, 6 hours a day for a period of 1 year. The student will be supported with a full maintenance during this period.

This is sponsored by the David Nagel's scholarship. To know more : <https://www.youtube.com/watch?v=DR8c8xHqCMQ>

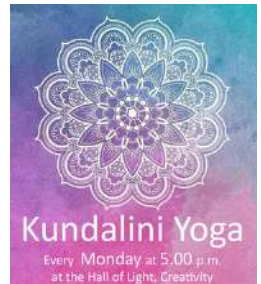
CONTACT: [botanical@auroville.org.in](mailto:botanical@auroville.org.in)

Application form:

### KUNDALINI YOGA CLASSES

MONDAYS, 5 TO 6.30 P.M.  
IN THE HALL OF LIGHT. CREATIVITY

Kundalini Yoga is called the Yoga of Awareness. It is a dynamic, powerful tool that is designed to give you an experience of your soul. To achieve that It uses the combination of Asanas, Pranayamas, Mudras and Mantras.



All levels, come 5 minutes before, bring your own mat. Contribution for the use of the room.  
Contact: Bel whatsapp 91 7598892065.  
Certified Kundalini Yoga teacher.

## "GENTLE FLIGHT" WORKSHOP

**4 days Contact Improvisation intensive**  
focused on gentle flying techniques.

Venue: **CRIPA** Auroville  
Date: **3 to 5 April**  
Time: **9:30 am to 12:30 pm**



Venue: **Quiet** (by the Pool)  
Date: **6 April**  
Time: **3 pm to 5 pm**



### Program:

- Flying patterns & principals.
- Communication of ideas through the body.
- Work with Attention, perception & reflexes.
- Bio mechanics of the body.
- Somatic exercises to access subtle aspects of movement.
- Exercises to open creativity and go beyond patterns.

### About teacher:

Ivan Gurianov - facilitator of contact improvisation since 2018, teacher & co-organiser of international contact improvisation programs. Performer, Multidisciplinary artist.

Ivan incorporates in his dancing and teaching ideas from different movement research studies such as Ideokinesis, Axis Syllabus & Movement Culture, as well as his experience in Yoga, Meditation and different dance styles such as Butoh, Contemporary Dance, Hip-Hop, Tango etc.

**Facilitator:** Ivan Gurianov  
[Instagram.com/shadow\\_of\\_movement](https://www.instagram.com/shadow_of_movement)  
Contact: +91 **8300731300**

**Registration:** [aurovilleartworld@gmail.com](mailto:aurovilleartworld@gmail.com)

## VÉRITÉ WORKSHOPS

**Pre-registration required**

Please contact Verite @  
0413 2622045, 2622606, 9363624083 or  
[programming@verite.in](mailto:programming@verite.in), [www.verite.in](http://www.verite.in)



### Understanding Pranayama and its Practice in Asanas and Meditation – with Radhika

**Friday, March 29, 9:15am - 12:00pm**

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

### Holistic Approach to Ayurvedic Lifestyle – with Dr. Geeta

**Friday, March 29, 2:00pm – 4:30pm**

Learn the fundamental principles of Ayurveda, India's traditional science of holistic self-care, including the concepts of Swasthya, Aswasthya, Dosha, & Prakriti. Based on her long-term experience as an Ayurvedic practitioner, Dr. Geeta will also share practical information about the use of herbs and simple lifestyle practices that support well-being.

### Food is Medicine- Lifestyle Health Practices with Parvathi

**Saturday, March 30, 2:00pm – 4:30pm**

Learn about your body's constitution (Tridosha) & the plants, foods, spices & lifestyle practices that benefit your Food is Medicine- Lifestyle Health Practices with Parvathi

**Saturday, March 30, 2:00pm – 4:30pm**

Learn about your body's constitution (Tridosha) & the plants, foods, spices & lifestyle practices that benefit your constitution & help prevent health complications. Parvathi will also demonstrate the proper way to prepare decoction/ infusion teas.

### Workshop Cancellation:

**Safe Yoga Asana Practice: Do's & Don'ts – with Rebeca**  
Saturday, March 30, 2024

## DEEP SOUND BATH IN CREATIVITY

### TIBETAN BOWLS

Hall of Light  
CREATIVITY community

**Every Friday**  
**from 5 to 6:30 PM**

Starting from 17th November



### There will be a LIGHT massage by the Tibetan Bowls.

Lie down, relax, simply allow yourself to experience the ancient sound from the Tibetans bowls.

The practise produce a soothing sound believed to have a powerful effect in the body's energy system, helping to balance the chakras and promote healing.

*"If we accept that sound is vibration and we know that vibration touches every part of our physical being, then we understand that sound is heard not only through our ears but through every cell in our bodies. One reason sound heals on a physical level is because it so deeply touches and transforms us on the emotional and spiritual planes."*

Drop in the Hall, no reservation needed.  
Please arrive 10 minutes before.

Guest 600 rs / Volunteer 300 rs  
Aurovilians and Newcomers, conscious contribution

Sathyayuga  
WA +917639761930



## PITANGA



### Program April 2024

**DROP-IN CLASSES** *Join without prior registration!*

#### Mondays

7:30am–9am, **Asanas** with Rachel  
8:30am–10am, **Yoga Therapy** with Gala  
4pm–5pm, **Doing No-Thing Consciously** with Mike

#### Tuesdays

3:30pm–4:45pm, **Restorative Yoga** with Rachel

#### Wednesdays

7:30am – 9am, **Asanas** with Rachel  
8:30am – 10am, **Yoga Therapy** with Gala

#### Thursdays

4:30pm–5:30pm, **Aviva Exercise** with Suriyagandhi  
4:30pm–6pm, **Vocal Sound Healing** with Lola

#### Fridays

6:45am–8am, **Pranayama** with François & Namrita, For former "The Art of Living" course participants  
7:30am–9am, **Asanas** with Rachel  
8:30am–10am, **Yoga Therapy** with Gala  
3pm–4pm, **Reading Circle of Savitri** with Patricia - An interactive session  
4:30pm–5:30pm, **Readings of the Life Divine** with Balvinder  
5:15pm–6:15pm, **Feldenkrais** with Shari  
5:15pm–6:15pm, **For Giving Love** with Marie-Claire

#### Saturdays

9am–10:30am, **Yoga (Intermediate level)** for regular practitioners) with Rachel  
11am–12:30pm, **ATB Explorations** with Isora, Rosario & Teresa  
2:15pm–4:15pm, **Truth Based Relationships - Practical Sessions** with Juan Andrés  
4:30pm–5:30pm, **Body Music** with Anandi Z.

#### YOUTH ACTIVITIES

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

**Asanas for Teenagers** with Lisbeth  
• Mondays, Wednesdays, 4pm – 5:15pm  
before the summer break is on 25/4

**Yoga for children, 5–8 yrs.**, with Gala  
• Saturdays, 9am–10am,

**Yoga for children, 7–9 yrs.**, with Gala  
• Saturdays 10am–11am,

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

#### CLASSES – BY APPOINTMENT

##### Art Therapy with Gala

- Thursdays, 3–5pm for adults
- Fridays, 3–5pm for families

##### Chinese Tea Ceremony with Chun

- Saturdays, 3–4pm
- Do not wear any kind of perfume on this day

#### HEALING SPACE – BY APPOINTMENT

- Bio-Resonance (with Bi-Com machine) by Afsaneh
- Chiropractic by Afsaneh
- Cranio Sacral Therapy by Anne H.
- Thai Yoga Massage by Juan

#### MARK THE CHANGES!

##### Restorative Yoga with Rachel

- Tuesdays 3:30pm–4:45pm

The class changed from Thursdays to Tuesdays for the months of April and May.

This is a drop-in class.

##### Doing No-Thing Consciously with Mike

- Mondays 4pm–5pm

The class format evolved into the following: "We are always doing 'things' outside and inside..."

In this exploration we'll take a conscious pause to allow our system to truly rest, to find its own neutral where it can recalibrate, recharge, harmonize.

We will seek to tune into our own self-healing ability by doing nothing, consciously stepping back and listening more deeply to our bodies.

Sri Aurobindo: 'It is by the thought that we dissipate ourselves... It is by gathering back of the thought into itself that we must draw back into the real'."

This is a drop-in class.

*Pitanga supports a cashless economy in Auroville. If you are hosting a guest who'd like to join our activities, kindly inform them that contributions need to be made cashless.*

*If you wish to receive our program of activities by email, please write to us.*

*See you at Pitanga, with a smile!*

*Pitanga Cultural Centre  
2622403 / WA 9443902403  
[info@pitanga.in](mailto:info@pitanga.in)*

#### QUIET HEALING CENTER



Quiet Healing Center, Auroville 605 104, Tamil Nadu, India

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

Mobile & WhatsApp: +91 9488084966

##### Woga 1 & 2 with Dariya

**Sunday 7 - Monday 8 April 2024 (9:00am - 6:00pm: 12 hours)**

Woga is the union of two words: water and yoga and based on classic yoga poses and stretches, modified for standing in pool water, which is waist-to-chest high. Sessions 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!

Focus of Woga 1&2 is Hatha Yoga in water (asanas in standing position, on the wall, in floating position), pranayama and meditation. Thanks to decrease in gravity, water allows greater ease of movement, unblocks articulations, lengthens and melts muscles, and removes negative tensions, thereby preventing stress, insomnia and anxiety.

**No previous experience required (also no need to know how to swim)!**

**Woga Instructors Training Course with Petra & Pooja  
Tuesday 9 - Sunday 14 April 2024 (8.45am - 6.30pm: 42 hours)**

In this 6-day course, you will acquire the basics of Woga, be able to use the potential of yoga in shallow water, learn a Woga exercise repertoire, and receive didactic and methodical material to offer Woga courses and/or incorporate Woga into your water fitness classes.

Topics addressed are Yoga philosophy in general, background of Hatha Yoga and Pranayama, practical and theoretical knowledge of the physical laws of water, which serves as the basis for a good general body feeling/image, and methodology and didactics for planning lessons in teaching Woga.

**Prerequisites:** Woga 1&2 AND a certified activity as instructor in aquatic sports or as bodyworker instructor, or long time bodyworker in any kind of activity.

**Watsu® Yoga Round with Fred & Roberto  
Monday 15 April 2024 (3:00 - 6:30pm)**

Watsu Yoga Round is a powerful tool for deep relaxation and inner peace. It focuses on listening to the body and presence; it represents a way to come back to your heart, to an inner silence that is fully alive and vibrant. It is an invitation to feel, awaken and celebrate the energy of your being.

When immersed in warm water during the Watsu Yoga Round, the body does not suffer from the effects of gravity; the flow of movements and stretching, alternated with moments of stillness, invite a progressive well-being; body and mind become free to dance!

**No previous experience required (also no need to know how to swim)!**

**Watsu® & OBA Basic with Dariya & Daniel  
Tuesday 16 - Sunday 21 April 2024 (1:00 - 6:00pm: 31 hours)**

Watsu & OBA are aquatic bodywork modalities given in a warm water pool (ideally 35°C). Watsu, the part where the client's face stays always on the surface, introduces the qualities and body mechanics required to work with someone in water in order to create a profound state of both physical and mental relaxation. During the OBA part the receiver is also brought under water (with nose clip), which offers a unique experience.

In this course, you will practice basic techniques and qualities (grounding, presence, stillness, movement, attention) of being and moving another body in water. You will experience floating other people and being floated, on the surface and under water, thereby creating space for deep relaxation and nurturing body, mind and spirit. Participants in this course often appreciate the group space, which fosters deep, meaningful and nurturing connections.

**Prerequisites:** no previous experience required.

**Watsu® 1 TF (Transition Flow Yoga) with Petra  
Monday 22 - Thursday 25 April 2024 (8.45am - 6.30pm: 34 hours)**

A 4-day course on the surface only. Watsu 1 (Transition Flow) teaches to connect the basic movements and positions you have learned in Watsu Basic with long, gracefully flowing transitions and to adapt this work to people of different sizes, shapes, and dispositions. You will also learn about your own body mechanics and how to support and move each person as effortlessly as possible.

On land, you will be introduced to both Co-Centering and Tantsu, and explore what being held means to you and others.

**Prerequisites:** Watsu Basic

**SERENDIPITY ACTIVITIES & THERAPIES**

(Ex. Joy Community in front of Center GH)

Center Field, Auroville - 605101, TN, India

Mobile/Whatsapp: +91 9385623342

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

<https://serendipity.auroville.org>

<https://www.facebook.com/serendipityauroville>



**INVITING MEANINGFUL ACTION: AN EXPRESSIVE ARTS EXPLORATION**

**Date:** Saturday, 30th March

**Time:** 10am to 12pm

**Location:** Serendipity Guest house (opp. Center GH)

Are you looking to enter a state of creative flow to rejuvenate your energies and step into meaningful action?

Join us to explore how the art modalities of drawing, painting, writing, movement, music, mindfulness, and connection to nature can support you with this exploration.

No prior art experience required. All materials will be provided.



**TEA MEDITATION WITH JASS**

*Tea Meditation -with Jass*

*Sunday 31st March at 3pm*



To join and for more information call:

+91 73394 54425

On Donation basis

*Tea is an ancient drink that has been hailed for its beneficial effects for ages. The story goes that centuries ago some monks threw these leaves in a pot of hot water and discovered that after drinking the infusion they could meditate much better! And so tea and meditation have always been intertwined. In this session we will explore the traditional Chinese way of serving tea, 'Gong Fu Cha', drinking quality Chinese tea in a silent and mindful manner.*

At Serendipity Guest House, next to Center guest house



**ACTIVITIES & EVENTS**

**AUROORCHARD**



## EDIBLE WEEDS WALKS

Announcing the last Edible Weed Walk season on **Saturday 30 March 2024, at 7:30am** as usual. To join you would need to pre-register. The walk will be at an easily accessible location within Auroville. Exact location will be decided after the registration closes. Registered participants will be informed. The walk will be guided along with the Edible Weeds coloring book. If you don't have a copy of the book, you will be able to borrow one during the walk.

**Let's walk**  
7:30am to 8:30am (8:45am max)

**DO YOU WANT TO MISS THE LAST EDIBLE WEED WALK OF THE SEASON? IT'S ON SATURDAY March 30**

**Registration required (max 10 in a walk)**

**Contribution :**  
Rs. 500/person (for all).  
Rs. 350/person for Aurovilian and SAVI-registered volunteers

**Marsilea quadrifolia**  
चौपथिया, ஆரைக் கீரை  
Page 37 in Edible Weeds book

Edible Weed Walk @ NinaS  
WhatsApp +91 98409 36907

Scan to purchase the book

See the details in the picture. WhatsApp **98409 36907** to register!

## CONTRIBUTE TO CREATIVE YOUTH

**CONTRIBUTE TO CREATIVE YOUTH**

**Youth Center**

**Empower Young Minds at Youth Center!**

**\*Cause:\*** Your contribution fuel educational activities and workshops for young creators.

**\*Join the Youth:\*** Help sustain our legacy! Your support ensures a thriving space for ideation and creativity.

**\*Make a Difference:\*** Be a part of something special. Contribute today and empower the youth!

youthcenterauroville

## TANGO - NEW CLASSES

**yanna STUDY TANGO**

**AUROVILLE TANGO**  
April  
New batch starts the first week of each month

**MON**  
19:00 Introduction to Tango  
20:00 Opensource

**WED**  
19:30 Guided Practica  
20:00 Practilonga

**HARMONY**  
Bharat Nivas

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

+91 98211 66082 | tango@auroville.org.in

## FOODS, GOODS & SERVICES

### FOOD PATHS AUROVILLE



Dear Community,

visit [foodpathsauroville.com](http://foodpathsauroville.com) the ever-growing information hub of Auroville's food sector, take a stroll through our site! Hop on "[Meal Roundabout](#)", for a guided tour, where you'll find all the essentials for meal prep.

Dive into '[Grocery Shopping](#)' to explore every avenue for sourcing fresh Auroville produce.

[Know Your Produce](#): Delve into detailed insights on Auroville-grown food, including tips on cultivation, storage, culinary uses, and health benefits. Spotlight on [long beans](#), [winged beans](#), [brinjals](#), and [cucumbers](#). Enjoy the [pre-summer season harvest](#).

Submitted by Isabelle M (Dana)

**Foodpaths Auroville**

The culinary map

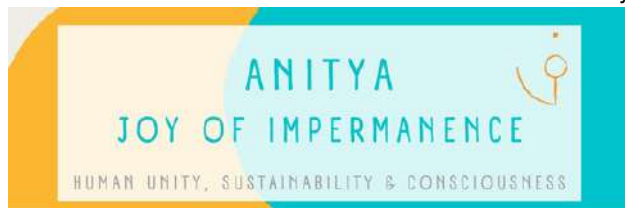
100% to complete this page! Save 10% off! Share with us!

## ANITYA COMMUNITY LUNCH

Our community lunches are still happening during the summer!  
Contact Serena on WA to book one day in advance: +91 84897 60966

Contribution required (discount for AV/ NC and Volunteers)  
See you at 12:30 on Thursdays and Fridays in our community kitchen!

Mathilde for the Anitya team



## JOIN OUR COMMUNITY LUNCH

Come and taste a delicious local non-spicy vegan meal made from our garden and Auroville farms' products, while sharing a good time with Anitya's community members



Limited seats available

Every Thursday & Saturday- Contribution required



Our project aims at creating settlements in Auroville to experiment a spiritual way of life based on 5 main principles:

**Impermanence, Community Spirit, Sustainability, Self-sufficiency and DIY**

**MUST book min. 1 day in advance: +918489760966**

Anitya is a community project registered under LEAD, Auroville  
Location: Center Field, after center GH, follow the ANITYA signs  
To know more about Anitya: joyofimpermanence.in



## COME ENJOY PIZZA AT THE YOUTH CENTER! FRIDAYS, SATURDAYS AND SUNDAYS!

Youth Center Auroville

Come join our **Pizzeria**

Savor the best pizza at Youth Center! We craft delectable Italian inspired flavours right here in Auroville.

**PIZZA Pizzeria**

**FRI - SAT - SUN** **START AT 07:00 pm - 09:00pm** **YOUTH CENTER Auroville**

Friday-Saturday Open to all Sunday exclusive only for pre-register groups

**STAY TUNED**

8428061801 Youth Center International @youthcenterauroville

## TASTE OF YOGA BY VERITE

**Verité**

# TASTE OF YOGA

## NOW OPEN AT VÉRITÉ

**9:00 - 12:00**  
**13:00 - 16:30**

**Monday to Saturday**

Taste of Yoga offers a simple, quiet space to read, reflect and nourish oneself. Delicious healthful snacks, treats & drinks (*all free from animal products, gluten, caffeine, and added sugars*) have been designed with utmost care, integrating sattvic principles to promote overall well-being.

## LIGHT FISH PHOTOGRAPHY STUDIO AURELEC

### Services:

- Fashion Photography
- Product Photography
- Food Photography
- Architectural Photography

Phone: 8279300821

[sales@light-fish.com](mailto:sales@light-fish.com)



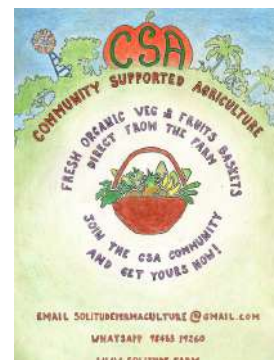
## SOLITUDE FARM - FRESH LOCAL FOOD

Dear friends,

so much beautiful fresh produce in this season. Subscribe for a basket that can be picked up from Solitude Farm once a week ( or more ). Salad greens, spinaches, veggies, fruits and more.

9843319260

[solitudepermaculture@gmail.com](mailto:solitudepermaculture@gmail.com)



## OFFERING IT SALES & SERVICES

I am Ramakrishnan Aurovillian experienced in Computer & Networking for 8+ years and gained more knowledge in creating-on new Fiber internet infrastructure and IT troubleshooting work for our Auroville community since 2015 And I am happy to provide the below services to our Auroville community

- COMPUTER & LAPTOP - SALES & REPAIRING
- UPS BATTERY & INVERTER - SALES & REPAIRING
- CCTV CAMERA INSTALLATION - SALES & REPAIRING
- PRINTER SALES & REPAIRING
- PRINTER TONER REFILLING
- ROUTERS AND MODEMS SALE & REPAIRING
- FIBRE OPTICS CABLE SPLICING - SALES & SERVICING

Please feel free to contact me: Ramakrishnan, **9943919899**, [rkrish651@gmail.com](mailto:rkrish651@gmail.com)

## REPAIR OF AIR CONDITIONERS, FRIGDES, WASHING MACHINES AND APPLIANCES

Loganathan working at Mahasaraswati Shop (near PTPS, Aspiration area) is a long term Aurovillian that has gained a lot of knowhow through looking after and repairing all kinds of machines. He happily repairs your machines and appliances.

You may contact him via phone / SMS or whatsapp  
+91 94434 93025



## WE CAN HELP TO FIX ALL YOUR BROKEN ITEMS

**New Waves**, a unit registered under Kattidakali Trust located in Aurelec Premises, Prayogashala, Auroville is offering the services of **PCB Assembly, SMD soldering, de-soldering and minor repair of appliances.**

The unit can also undertake sub-contract of your production work on job work basis.

If you have any requirements, please contact Dhandapani, Executive at 0413-2622295, Mobile 9443090082 / 8098193820 or via e-mail to [newwaves@auroville.org.in](mailto:newwaves@auroville.org.in)



## STUDIO BASED ART THERAPY AND COUNCELING

[tialovesart@gmail.com](mailto:tialovesart@gmail.com) / [www.createandtransform.org](http://www.createandtransform.org)

### STUDIO BASED ART THERAPY AND COUNSELING

individual \* group \* family

a service under MAATRAM



Therapy can be creative and non-threatening for help with:

- Anxiety
- Depression
- Trauma
- Life Issues

Trauma Informed Art Therapy & Counseling:

- Client Centered,
- Strength Based,
- Solution Focused,
- Incorporating CBT and a creative, eclectic tool box.



**Tia Pleiman, MA, ATR, NCC, LPC**

[tialovesart@gmail.com](mailto:tialovesart@gmail.com)  
[www.createandtransform.org](http://www.createandtransform.org)  
WA 7094007610

Aurelec, Kulilapalayam, Auroville

## SURABHI SUPPLIES

Dear Auroville Community,

**Surabhi Supplies** is dedicated to aiding individual community members, units, and projects in **acquiring a wide range of materials and equipment**, including but not limited to construction supplies, appliances, machinery, and more.

Our service offers several advantages to the community, such as **reduced prices** achieved through **bulk purchases** and **volume-based discounts**. We have established strong partnerships with various manufacturers and dealers who share our commitment to advancing Auroville's development.

Our primary goal is to streamline the procurement process for everyone, thus saving valuable time, energy, and costs while providing a high level of service to the community.

If you have any inquiries, please don't hesitate to reach out to us at:

Email: [surabhisupplies@auroville.org.in](mailto:surabhisupplies@auroville.org.in)

Phone: +91 98438 46458 (WhatsApp/Call)

Sincerely,  
Surabhi Supplies

## RAPID CARE SERVICES RCS

Dear Residents,

We are happy to announce that **Rapid Care Services** have successfully completed one year. We began operations in December 2022.



We take this opportunity to thank all the people who believed in us. Reach out to us for any enquiries that need our assistance in home and yard work. Look forward to your continued use of our services in the future.

Category	Services
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
General Maintenance	Floor Waxing, Powder Coating, Fumigation, All Home Utilities
Installations	Washer and Dryer, Air Conditioner, Inverter, Dth, Security Camera
Electrical Works	Wring, Meter box, Lights, Switches & Sockets, Motion sensor.

Contact: + 91 8270071581 / +91 7639810621

Primary Email: [rapidcare@auroville.org.in](mailto:rapidcare@auroville.org.in)

Secondary Email: [rscrapidcareservice@gmail.com](mailto:rscrapidcareservice@gmail.com)

Instagram handle: @rapidcare1

For Rapid Care  
Balaji & Arun

## AUROVILLE LIBRARY TIMINGS

Auroville Library opening timings:

**Mon - Sat: 9am - 12.30pm**

**Mon, Wed, Thurs, Fri & Sat: 2pm - 4.30pm**

**Tues: 4pm - 6.30pm**

Every **Saturday** between 10am -11am: **Children's storytime!**



## AIRCON CLEAN OFFERS COMPREHENSIVE AIR CONDITIONER CLEANING SERVICE KNOWN AS "JET SERVICE".



The Jet Service includes not only the filter cleaning but also indoor cooling coils, blades, and blower wheels, indoor cooler drain tray cleaning and outdoor unit with AC jet pump.

After a cleaning service your air is fresh and healthy, reducing sickness and helping you live a healthier life.

Save up to 30% power usage with a regular cleaning service.

Contact **AIRCON CLEAN** now at 9786809518 or email us at [airconclean.av@gmail.com](mailto:airconclean.av@gmail.com)

Regards, Julien.

## RUPHAVATI JOY ACTIVITIES

### BIO-REGION TEMPLE TOUR

Interested in learning more about the religious heritage in and around the bio-region?

Come take a guided tour of temples around the bio-region.

Starting point from Solar Kitchen.

Can be scheduled anytime throughout the week.

Please contact in advance for more information and booking: 8098845200



### SOUTH-INDIAN CUISINE - COOKING CLASS

Learn to cook some delicious delicacies of south India with Rupavathi.

**Monday to Saturday between 10AM and 5PM** at creativity.

Please book sessions in advance.



### THAI MASSAGE

**Monday - Saturday between 9AM and 5PM**

To book massage sessions or for more information, please contact personally.

### TAILORING

We can tailor and customise any kinds of dresses, sari-blouses and kurtas.

For any of the above services, contact information below:  
Phone/WhatsApp - 8098845200  
Email - [rupavathijoy@gmail.com](mailto:rupavathijoy@gmail.com)

## LOOKING FOR

### LOOKING FOR COT

I am a newcomer housesitting in the Grace community. Our son is in a boarding school and will be back for his 2 months summer vacation in mid April (from April 16 to June 10). We will need one cot for him. If anyone has a cane bed that they are not using, we will be happy to borrow, rent or even buy 2nd hand for a nominal cost (we have spare mattress, only need a cot). Please Whatsapp / Signal on +91 **9704258709** or email on [itspriyanka\\_nc@auroville.org.in](mailto:itspriyanka_nc@auroville.org.in).

## LOOKING FOR LONG-TERM HOUSE SITTING

Dear Community,

I am a confirmed Aurovillian and looking for a long-term house sitting. I am single, originally from Italy and I contribute to the Community through various activities. I am a neat, clean, reliable, quiet and respectful person.

Please reach out on **8667648515** or mail to [solespazio@gmail.com](mailto:solespazio@gmail.com)

With Love & Gratitude,  
Enzo



## LOOKING FOR A HOUSESITTER

looking for a housesitter for my 2 cats half of april onwards, for the summer. Need a calm and responsible person.

Please contact [helenahutte@gmail.com](mailto:helenahutte@gmail.com)

## AVAILABLE

### DOUBLE BED FOLDABLE MOSQUITO NETS AVAILABLE

We bought 16 of these double bed foldable mosquito nets for a group of students who visited Auroville on a study tour. It was used only for 3 nights. MRP is 699/- each on Amazon. Willing to sell it at 600/- each. Would anyone be interested? Please Whatsapp / Signal on **+91 9704258709** or email on [itspriyanka\\_nc@auroville.org.in](mailto:itspriyanka_nc@auroville.org.in)



### LG FRIDGE AVAILABLE

LG Fridge, Model: GL-B201APZX, Gross volume: 190 liters, Smart Inverter Compressor, 4 Stars.

Call Sol: **8148790563**

### VESPA SCOOTER AVAILABLE

Vespa scooter silver color, VLX-125 cc, 2018, in good shape and condition.

Call Sol: **8148790563**

### MIXER AVAILABLE

Mixer available against contribution. Prestige Endura 1000W, with attachments. Lightly used. 8111016280. Lize

### JUICER AVAILABLE

Selling a juicer in perfect conditions, like new, used only 3 times. 8500Rsp  
contact Ambre 0033630018728



## TAXI SHARE



### FROM AUROVILLE TO CHENNAI ON 3RD APRIL

In evening to catch a **3:30am** flight on the **4th**.

Please contact [Daniel@ic.org](mailto:Daniel@ic.org) or on WhatsApp at +1 978-394-1711.

## AV RADIO



**AurovilleRadio**

The voices of Auroville

Dear Aurovilians,

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

[Here](#) you can listen to the stream channel (playing 24/7).

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

### Last published podcasts:

- [Une série hebdomadaire de lectures par Gangalakshmi – 461\(Integral Yoga\)](#)
- [Marlenka's weekly Offering – Ep.115\(Literature\)](#)
- [Exploring Education in Arts, Animation and Film-making – Ep. 28 "Is The Golden Ratio Always Used In Art?" \(Arts & Culture\)](#)

Auroville Radio Tv is maintained and supported with the help of a small town budget and voluntary donations. If you as Aurovillian wish, **make a donation to F.A. number 0867.**

Thanks for your help!

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

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

Peace and love

Regards,

Wobbli



## CINEMA



**AVFI STUDY CIRCLE**



Auroville Film Institute invites you to the screenings of specially curated films and a book reading.

Please register via WhatsApp (+91 9769976898).

Voluntary contributions are welcomed.

The Screenings and readings are part of **The Documentary Impulse** With Deb Kamal Ganguly(25th to 29th March, 2024 ; 14:30 to 18:30 IST).

Sat, 30 March 2024 (15:00 IST)

### Workers Leaving the Factory in Eleven Decades (2006)

**Harun Farocki | Germany | 1995 | German | 36 mins**

This film stems from the fact that the first camera in the history of cinema was pointed at a factory, but a century later it can be said that film is hardly drawn to the factory and is even repelled by it. Films about work or workers have not become one of the main genres. Most narrative films take place in that part of life where work has been left behind.



Sun, 31 March 2024 (15:00 IST)

### Berlin: Symphony of a Great City

**Walter Ruttmann | German | 1927 | 65 mins**

The film is an example of the 'city symphony' film genre. It portrays the life of a city, mainly through visual impressions in a semi-documentary style, without the narrative content of more mainstream films, though the sequencing of events can imply a kind of loose theme or impression of the city's daily life.

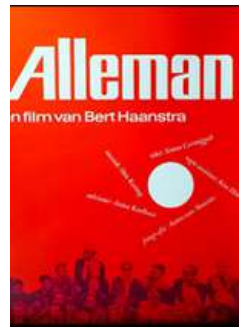


Wed, 3 April 2024 (14:00 IST)

### The Human Dutch

**Bert Haanstra | Dutch | 1963 | 90 mins**

In 1964, director Bert Haanstra set out to make a documentary about his native country of Holland. By focusing his camera on life's small moments -- a child going to school, a couple kissing in a park -- Haanstra reveals the deep emotional connections and community-minded manners that are singularly Dutch.

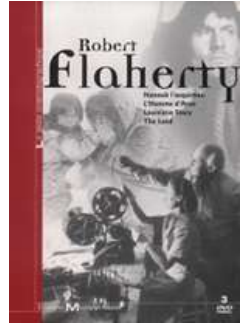


Thu, 4 April 2024 (14:00 IST)

### The Land

**Robert Flaherty | USA | 1942 | 43 mins**

Documentary showing the poor state that American agriculture had fallen into during the Great Depression.



presents at **MULTI MEDIA CENTRE AUDITORIUM (MMC, Town Hall)**

**Reminder: Friday 29th March "SHADOWS OF FORGOTTEN ANCESTORS" by Sergei Parajanov, USSR, 1965**

**Directed by Sergei Parajanov, and Friday 1st April-at 8:00 pm "FRANCES HA"**

**Directed by Noah Baumbach, United States, 2012**

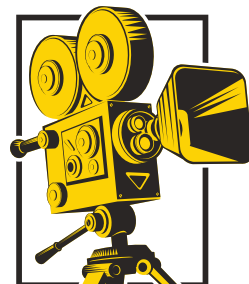
**With: Greta Gerwig, Mickey Sumner, Adam Driver**

**Synopsis:** Frances, a woman in her late twenties in contemporary New York, struggles with her friends, her ambitions as a dancer, her finances... everything. She wants so much more than she has, but lives her life with unaccountable joy and lightness...

This independent, wry and sparkling romantic comedy from Noah Baumbach owes more than a tiny debt to French New Wave and Woody Allen's best. The director's partner, Greta Gerwig co-wrote the script and plays the main role, 10 years before she directed the huge box office hit "Barbie", which was also co-written by the couple.

**Original version in English with English. Subtitles, duration 1h.26'**

**Aurofilm Note:** Dear all, we are sorry to have to cancel our "Aurofilm Open House" announced for the 31st. We have been very busy with many activities in this month and couldn't finalise a worthy program! It will be for sometime later. In the meantime we continue our Friday screenings at Cinema Paradiso/MMC Auditorium and will present one or two Cinema-master classes at Kalabhoomi before the summer break! Please check the announcements... And if you want/can support us for the months to come, our account number is **252658** - Big thank you, Aurofilm



**SPECIAL SCREENING OF "THE VILLGEGE OF LOVERS"**  
SAT 30TH MARCH @4:30PM



★★★★ Special Screening ★★★★★  
**The Village of Lovers**

**Saturday, 30th March @ 4:30pm in Cinema Paradiso**  
(75 min, English, Rated R - brief nudity)

Born out of the "free love" utopian movements of the 1960's and 70's, Tamera, an ecovillage in southern Portugal, is one of the most radical social experiments in human futurism. Recognizing that social change has to go beyond reactions to the dominant system. Tamera realized that building trust - especially in the most intimate areas of human life - was the missing key to long-standing cultural and political change.

Now, over 40 years later, when humanity's long-term survival has become increasingly uncertain, Tamera provides a regenerative and compassionate model for society, rooted in our reconnection to life.

The documentary will be followed by a discussion facilitated by Daniel Greenberg, former President of the Global Ecovillage Network and Friend of Auroville.

**FRENCH NEWS & NOTES**

NOUVELLES D'AUROVILLE



Click [here](#) to read the French News&Notes or Scan the QR code:



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

Pondicherry TO AUROVILLE			
	Trip 1	Trip 2	Trip 3
Ashram Dining Hall	8:00	12:15	18:10
Ashram Road Junction	8:02	12:17	18:12
Lotus Hotel—S.V Patel Salai	8:07	12:22	18:17
Quiet Healing Center—Junction	8:17	12:32	18:27
ECR Junction—Aroma Guest House	8:20	12:35	18:30
SBI Bank—Kuilapalayam	8:25	12:40	18:35
New Creation Road	8:27	12:42	18:37
Certitude	8:32	12:47	18:42
Solar Kitchen (Ex Round About)	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

- Monthly Rs. 800: Aurovilians & Newcomers, No validity
- Student Pass Rs. 1200 per month/ 24 days round trip
- Rs. 150 Round trip for Aurovilians & Newcomers
- Rs. 200 Round trip for guests

Bus passes are available at Auroville Vehicle Service, Town Hall, Auroville, 0413 2623302



**EMERGENCY NUMBERS**

Ambulance (24/7):		
Auroville 9442224680	PIMS 0413 2656271	

Security (24/7):		
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**





# Cinema Paradiso

## Multimedia Center (MMC) Auditorium

### Film program 01 April 2024 - 07 April 2024

Cinema Paradiso-Multimedia Center is operating at 100% seating capacity.

Seating starts about 15mins before screening and stops as the film starts. Kindly arrive in time.



A reminder not to use cell phone for any reason while the program is on, and no food/beverage to be taken inside the hall.

#### Indian – Monday 1 April, 8:00 pm:

- **SAM BAHADUR**

India, 2023, Writer-Dir. Meghna Gulzar w/ Vicky Kaushal, Sanya Malhotra, Fatima Sana Shaikh and others, Biography-War, 150mins, Hindi-Parsee w/ English subtitles, Rated: U/A (PG-13) The film chronicles the arduous and illustrious career of Sam Manekshaw who became the first ever of only two Indian Army officers to rise to the rank of Field Marshal. Trained as one of the first cadets at the Indian Military Academy pre independence, he got posted in Punjab after graduation. By WWII in 1942 he had already become a Major and is sent to Burma where he fought a valiantly at the survived a bad injury. During partition in 1947, the graduates of the Indian military academy had to choose which of the two new nations they would serve. Despite much convincing by his colleague Major Yahya Khan to join Pakistani army, Manekshaw chose to join Indian Army. He continued to serve and played a major role during the 1962 Sino Indian War and 1971 India-Pak War. *Good watch!*

#### Potpourri – Tuesday 2 April, 8:00 pm:

- **FIRST COW**

USA, 2019, Writer-Dir. Kelly Reichardt w/Alia Shawkat, John Magaro, Dylan Smith, and others, Western-Drama, 122mins, English-North-American Indian-Russian-French-Hawaiian w/English subtitles, Rated: PG-13  
A loner and cook has traveled west and joined a group of fur trappers in Oregon Territory, though he only finds connection with a Chinese immigrant. The men collaborate on a business, although its longevity is reliant upon the participation of a wealthy land owner's prized milking cow.

#### Interesting – Wednesday 3 April, 8:00 pm:

- **À VENDREDI, ROBINSON (See You Friday, Robinson)**

France-Switzerland, 2022, Writer-Dir. Mitra Farahani w/Jean-Luc Godard, Ebrahim Golestan, Documentary, 96mins, French-Persian-English w/English subtitles, Rated:NR (PG)  
A fascinating film from Godard's collaborator... Ebrahim Golestan and Jean-Luc Godard, New Wavers Iranian and French, embark on an email round-robin conversation in this amusing documentary. Each reaching out from their self-selected isolation to the other through internet.

#### Selection – Thursday 4 April, 8:00 pm:

- **THE SECRET OF ROAN INISH**

USA-Ireland, 1994, Writer-Dir. John Sayles w/Jeni Courtney, Eileen Colgan, Mick Lally, and others, Fantasy-Drama, 103mins, English-Irish Gaelic w/English subtitles, Rated: PG  
In this lyrical/magical film 10yrs old Fiona is sent to live with her grandparents in a small fishing village in Donegal, Ireland. She soon learns the local legend that an ancestor of hers married a Selkie - a seal who can turn into a human. Years earlier, her baby brother washed out to sea in a cradle shaped like a boat; someone in the family believes the boy is being raised by the seals. Then Fiona catches sight of a naked little boy on the

abandoned Isle of Roan Inish and takes an active role in uncovering the secret -- of Roan Inish.

#### International – Saturday 6 April, 8:00 pm:

- **THE ZONE OF INTEREST**

USA-UK-Poland, 2023, Writer-Dir. Jonathan Glazer w/Christian Friedel, Sandra Hüller, Johann Karthaus, and others, History- War, 105mins, German-Polish-Yiddish w/English subtitles, Rated: PG-13  
Inspired by Martin Amis's 2014 novel, this film is inspired by real-life SS Officer Rudolf Höss, the commandant of Auschwitz, his wife, Hedwig. The area in question is 25sq miles immediately surrounding the camp in western Poland where the officer and his wife strive to build a dream life for their family in a house and garden next to the camp. An outstanding film that dispassionately examines how brutality could be woven into mundane and normal.

#### Children's Matinee – Sunday 7 April, 4:00 pm:

- **MIRACULOUS – LE FILM (Ladybug & Cat Noir: The Movie)**

France, 2023, Writer-Dir. Jeremy Zag w/ Annouck Houtbois, Benjamin Bollen, Antoine Tomé and others, Animation- Adventure, 104mins, English-French-Spanish w/English subtitles, Rated: PG  
Ordinary teenager Marinette's life in Paris goes superhuman when she becomes Ladybug. Bestowed with magical powers of creation, Ladybug must unite with her opposite, Cat Noir, to save Paris as a new villain unleashes chaos unto the city.

#### KENJI MIZOGUCHI FILM FESTIVAL @ Ciné-Club:

##### Ciné-Club Sunday 7 April, 8:00 pm:

- **SANSHÔ DAYÔ (Sansho the Bailiff)**

Japan, 1954, Dir. Kenji Mizoguchi, w/ Kinuyo Tanaka, Yoshiaki Hanayagi, and others, Drama, 124 mins, Japanese w/ English subtitles, Rated: R.  
A cinematic retelling of a thousand-year-old folk tale. The story centers around a prosperous family that was disgraced due to the father's progressive ideas. With the father in exile, the mother and two young children must undertake a difficult journey to join him, but they are ambushed by bandits and sold into slavery. This is the story of each family member's determination to reunite.

**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, or Rating not available.

**To organize a seminar/program at MMC kindly email us at [mmcauditorium@auroville.org.in](mailto:mmcauditorium@auroville.org.in). Our projector is crawling towards the end of its life, compelling us to look for a new one. You could financially support through a one-time or recurring donations to "Cinema Paradiso" (account #105106) or set up for a monthly contribution.**

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