

Auroville

NEWS & NOTES

No 1067 - A weekly bulletin for residents of Auroville

20 March 2025



PONDERING

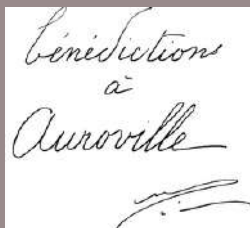
To follow the path to the end, one must be armed with a very patient endurance.

The Mother, The Path, Words of the Mother II

<https://motherandsriaurobindo.in/The-Mother/books/words-of-the-mother-II/#the-path>



THE MOTHER ON AUROVILLE



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behalf of
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WORK AND DISCIPLINE

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There is only one solution for falsehood: it is to cure in ourselves all that contradicts in our consciousness the presence of the Divine.

31.12.1972

*

Auroville will become what it must be:

Only if and when the people living there will *stop lying*.

18.3.1973*

*

When you say "I want to serve the Divine", do you believe the All-Knowing does not know that it is a lie?

18.3.1973*

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MONEY

The conflict about money is what might be called a "conflict of ownership", but the truth is that money belongs to no one. This idea of *possessing* money has warped everything. Money should not be a "possession": like power it is a means of action which is given to you, but you must use it according to... what we can call the "will of the Giver", that is, in an impersonal and enlightened way. If you are a good instrument for diffusing and utilising money, then it comes to you, and it comes to you in proportion to your capacity to use it as it is meant to be used. That is the true mechanism.

The true attitude is this: money is a force intended for the work on earth, the work required to prepare the earth to receive and manifest the divine forces, and it—that is, the power of utilising it,—must come into the hands of those who have the clearest, most comprehensive and truest vision.

To start with, the first thing (but this is elementary) is not to have the sense of possession—what does it mean, "it is mine"?... Now, I don't quite understand. Why do people want it to belong to them?— so that they can use it as they like and do what they want with it and handle it according to their own conceptions? That's how it is. On the other hand, yes, there are people who like to store it up somewhere... But that is a disease. To be sure of always having some, they hoard it.

The city the earth needs.

But if people understood that one should be like a receiving and transmitting station and that the wider the range (just the opposite of personal), the more impersonal, comprehensive and wide it is, the more force it can hold ("force" that is translated materially: notes and coins). This power to hold is proportional to the capacity to use the money in the best way—"best" in terms of the general progress: the widest vision, the greatest understanding and the most of the ego but according to the general need of the earth for its evolution and development. That is to say, the widest vision will have the largest capacity.

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Behind all wrong movements, there is a true movement; there is a joy in being able to direct, utilise, organise in such a way that there is a minimum of waste and the maximum of result. It is a very interesting vision to have. And this must be the true side in people who want to accumulate money: it is the capacity to use it on a very large scale. Then, there are those who very much like to have it and spend it; that is something else—they are generous natures, neither regulated nor organised. But the joy of being able to satisfy all *true* needs, all necessities, is good. It is like the joy of changing a sickness into health, a falsehood into truth, a suffering into joy; it is the same thing: to change an artificial and foolish need—which does not correspond to anything natural—into a possibility which becomes something quite natural—so much money is needed to do this or that or the other, so much is needed to arrange this, to repair that, to build this, to organise that—that is good. And I understand that people like to be the channels through which the money goes exactly where it is needed. That must be the true movement in people who like to..., translated into foolish egoism, who need to appropriate.



Transparency

Can only come as a result of perfect sincerity. -The Mother

Callistephus chinensis (L.) Nees.,
Compositae.
China aster

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.

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 & 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 (RA WCom)
Funds and Assets Management Committee (RA FAMC)
Budget Coordination Committee (RA BCC)
Town Development Council / L'avenir d'Auroville (RA TDC)
Auroville Council (AVC)
Entry Service (ES)

GB groups:

Working Committee (GB WC)
Funds and Assets Management Committee (GB FAMC)
Budget Coordination Committee (GB BCC / GB BCS)
Auroville Town Development Council (GB ATDC)
Housing Service (GB HS)
Land Board (GB LB)

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 donate at this account no: **FS #252150**.
- Content sent through **@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

Thank you for your continued support!

In community,

The RA Community Edition News & Notes Team

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WORKING GROUPS NEWS

FROM THE ENTRY SERVICE

ES # 243 DATED: 17-03-2025

The following people have been recommended by the Entry Board to join our community. Please share your feedback within 2 weeks for potential Newcomers, Associates and Friends of Auroville and within 4 weeks for Potential Aurovilians, Returning Aurovilians, Youth and Spouse/Partner of an Aurovillian in writing to auroville.entryservice@gmail.com.

We thank you in advance.

The Entry Board

(Amy B., Don, Fabienne, Grace, Mirco, Sara, Sonja, Vadivel)

AUROVILIAN ANNOUNCED

- **Camille Candida LEON (US)** staying in Fertile and working at Eco Femme
- **Sandra BAUSER (French)** staying in Maitreye and working at It Matters
- **Ramanan MUTHUVEL (Indian)** staying in Douceur and working at Thamarai

NOTE:

- A Newcomer becomes an 'Aurovillian' once his/her name has been confirmed by The Admission Committee (aka the Entry Board) after following due process.
- The date of becoming 'Aurovillian' is the date of confirmation. An Aurovillian confirmed by the Entry Board is eligible to participate in all community decision-making processes.
- The formal administrative step of entering new residents into the Register of Residents (RoR), is done by the Secretary of the Auroville Foundation. For this, a B-Form is filled in and signed by the individual and a meeting with the Secretary is arranged by the Entry Secretariat. However, until such time as a new Secretary is appointed, the meetings of Confirmed Aurovilians with the Secretary will be pending.

FROM THE AUROVILLE COUNCIL

NEW MEMBER FOR RAS

Dear Community members,

As mentioned in the last Auroville Council report, Avinash has been serving as a resource person for the RAS over the past few months. The RAS has now recommended him for full membership, and Avinash has expressed his willingness to take on this role.

Members of the Auroville Council, RAS and Working Committee of the Residents' Assembly, interviewed Avinash on 27/02/2025 to determine if he meets the necessary criteria for becoming a full member.

During the interview, Avinash highlighted his relevant skills and experience for becoming a full member of the RAS, including his understanding of the Auroville governance framework, data analysis and management, report writing, and teamwork. Having already worked with the RAS, he is familiar with the role's demands and is currently available to commit to fulfilling them. RAS members described him as reliable, honest, and a valuable team member who understands the work and contributes effectively.

On the basis of the interview, it was decided by the Auroville Council and Working Committee that Avinash meets all the criteria necessary for full membership of the RAS, and that his name should go forward for community feedback.

The Auroville Council therefore asks for any feedback from members of the community which may be relevant to the appointment of Avinash as a member of the RAS. All feedback should be received by 27th March 2025. Please send an email to avcouncil@auroville.services.

In the absence of negative feedback, Avinash will be appointed as a member of the RAS for a trial period of 3 months. If any negative feedback is received, the Auroville Council and Working Committee will discuss this with Avinash and with the feedback giver if necessary, and make a decision according to their judgement.

The final decisions of the Council and Working Committee will be announced to the community.

The Auroville Council
Lucas (TOS), Martin, Ramesh, Rju, Sathiya

FROM L'AVENIR D'AUROVILLE

RA-TDC: LETTER REGARDING COMPLIANCE CONCERNS AROUND EARTH MINING AND MOVING

Dear Residents,

On March 19th, a [letter](#) was sent to the MM team, the AVFO and the GB-appointed ATDC. It addresses concerns about the recent issue involving police regarding legal processes around earth mining and moving.

Despite previous communication on the same, the MM team, the GB-ATDC, and the AVFO have yet to address these concerns. Sustainable development, environmental accountability, and responsible urban planning must balance growth with ecological preservation through lawful and transparent practices.

Thank you for your attention and commitment to Auroville's shared vision.

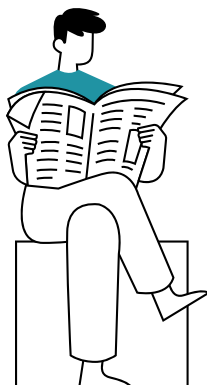
All related documents, reports and letters can be found [here](#).

in Service,

L'avenir d'Auroville

Anan, Divya L, Dorle (TOS), Island, Natasha S, Tom G


of and for the Residents' Assembly



FO GROUPS NEWS

(not selected by due Residents' Assembly process)

FROM THE FO N&N 1070

Please click [HERE](#) to read the FO groups' news



OBITUARY



JEAN CLAUDE BIERI

We are saddened to inform you of the passing of Jean-Claude Bieri, our friend and brother, who passed away at his home in France, Pyrenees-Orientales, on March 11, 2025, at the age of 79, serenely and with a big smile on his face.

He lived with his partner, Marie-Jo, and was the father of two daughters born in Auroville, Hebaragui and Mindelai.

We met him in 1967, when we were both landscape decorators in and around Paris. We talked to him about the Auroville project, for which we had just received an invitation to the inauguration.

At the beginning of 1969, when we met Vincenzo in Roger Anger's architect office, who was working on the plans and models for Auroville, we became enthusiastic about the idea of a caravan of vehicles to transport people and materials for the establishment of the first Aspiration colony.

With Jean-Claude and a small team, we refurbished the second-hand vehicles we had acquired to make them roadworthy, with departure set for August 15, 1969.

In December 1974, he organized a second caravan of cars from France, with around thirty people. A photographic retrospective of the fiftieth anniversary of the event was held last December at the Tibetan Pavilion.

Jean-Claude has invested in Auroville a great deal of time and effort, fulfilling his mission as a pioneer and getting involved in the "Dream". In particular, he has helped Jacques Vere with the technical and electronic realisation of the Kuilapalayam dental clinic.

Available to all, Jean-Claude was a good companion, always cheerful and discreet.

He was laid to rest on Monday 17 of March 2025. Auroville joins his family and friends in wishing him a happy repose.

With our fraternal thoughts.

Janaka

COMMUNITY SHARING

BE PART OF AUROVILLE RADIO TV'S CREATIVE JOURNEY

Dear Friends,

We are passionate about bringing fresh, engaging podcasts to you through Auroville Radio TV, our radio website and Youtube channel. Now, we invite you to be part of this creative journey!

Do you have an idea that could inspire, inform, or uplift our community? Share it with us!

If it aligns with our vision, we'll support you in shaping it into inspiring podcast.

Let's co-create something meaningful and extraordinary together! Send your ideas to radio@auroville.org.in.

Explore more on:

www.aurovillerradiotv.org

Follow us for more updates!
Looking forward to hearing your ideas!

Regards,
Auroville RadioTV Team

MAPPING BEING

It's not easy to describe the emotion felt when stepping into a clearing in the forest, a magical place, perfect for hosting the portraits of 111 Aurovilians who have passed away in recent years.



Each portrait is hung at different heights on the thorny trees of the clearing. Each one is illuminated by a small light and faces a central fire. It is only a part of the community, one that can no longer be physically with us but still communicates a sense of belonging to that Auroville that is still alive, yet frozen by the greed for power. It feels good down there.

The installation truly leaves one speechless.



This was the most moving piece in a series of artistic works, installations, and performances that appeared as if from nowhere in an open space in the middle of the Aurovilian forest, far from bulldozers and political affairs. An open-air gallery that, for a week, hosted about fifteen works created specifically under the theme of *Mapping Being*.



In this exercise of mapping our beings, the artists worked with places, emotions, nature, memory, and imagination.



And so, painted coconuts appeared to trace our animal feelings, colorful statistics connecting today's Aurovilians to those of the past, surreal photomon-tages mapping Auroville's presence in all corners of the world, mushrooms and shiny hearts that grew during the night at the foot of a tree.



We then encountered the entrance to an underground network that keeps us connected in a subtle dimension; we had our futures read by a group of shamans from distant lands; we felt the possibility of re-harmonizing our fragmented world into a single de-sign, and more.



And most importantly, we once again had the chance to immerse ourselves in the forest and follow the traces of our hearts, in a walk that led us to reconnect with nature and its spirit. Along the magical path, two large sculptures awaited us, helping us feel the spirit of the earth, its breath and its power.

That's the Auroville we belong to. Let's forget the rest.

HEALTH FUND -

END OF THE FINANCIAL YEAR ANNOUNCEMENT

Dear Health Fund Members,

The end of the Financial year is approaching and like we do every year, we request you to please submit your medical bills from April 2024 onwards. If you have any laying around that is.

We need them before the 27th of March 2025!

That is our last working day for the month of March.

Medical bills from March 2025 can be refunded in April 2025, but only the bills from March!

Please don't wait till the last day, and do us the courtesy of submitting them as soon as possible.

We will be publishing this message every week until March to inform everyone as well as hang them at PTDC and PTSP.

We thank you dearly for your cooperation

We would also like to thank all the people who have already deposited their bills 🙏

Best,

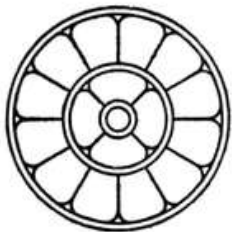
Auroville Health Fund

P.S.

When submitting bills, please sort your bills by person, as each individual's bills are processed separately So for a family of three, 3 separate stacks of bills. Not all clubbed and mixed together. and mention the FS account number (where the refund should be sent to) on the back of each stack.

Thank you!

THE MOTHER'S SYMBOL IN MULTIPLE LANGUAGES



Available for reading and download:

<https://auroville.org/page/the-mother-s-symbol>

Over the years, the Mother's symbol and Her Powers has been translated into 46 languages, including the four languages of Auroville, i.e. Tamil, French, Sanskrit and English, as well as indigenous languages

and those used across the world, including Afrikaans, Amharic, Arabic, Assamese, Bahasa Indonesia, Bulgarian, Chinese, Croatian, Czech, Danish, Dutch, Esperanto, German, Gujarati, Hebrew, Hindi, Hungarian, Italian, Japanese, Kannada, Korean, Lithuanian, Macedonian, Malayalam, Marathi, Nepali, Niugini Pisin, Norwegian, Odia, Persian, Polish, Portuguese, Punjabi, Romanian, Russian, Spanish, Swahili, Swedish, Telugu, Tibetan, Ukrainian, Urdu.

The longer file with quotes for each of Her Powers are currently available in seven languages: Chinese, English, French, Italian, Nepali, Spanish, Tamil.

Have it in your language?

If your language is not on the lists above, would you like to have it translated into your mother tongue and/or other language(s) of proficiency by volunteering yourself or recommending someone else?

Please write to Anandi Zhang at symbol-in-translation@auroville.org.in

Thank you.

WHERE AI MEETS IY (INTEGRAL YOGA)

This platform provides insights and a deeper understanding of the philosophy found in the collected works of The Mother and Sri Aurobindo. It serves as a knowledge repository for seekers, disciples, researchers, and anyone interested in the path of Integral Yoga. Users



Where AI meets Integral Yoga

can request information, citations, context, or explanations on various subjects as understood by the platform. **It is configured to natively speak in 10 different languages**, so people around the world can make use of it in their native languages.

Just click on <https://auomira.net/>. The developer team can be reached via feedback@auomira.net.

ASSISTANCE TO AMERICAN SOCIAL SECURITY RETIREES AND APPLICANTS

Greetings, I am Gary, a Friend of Auroville from America whose career was with the Social Security Administration, the primary USA retirement and disability system.

Should any in Auroville be potentially eligible or receiving its benefits and have questions I would be happy to volunteer my assistance. Its Supplemental Security Income (SSI) program may also be of interest should future US residence be contemplated.

Please first email me a synopsis of your concerns at gary@ionet.net as well as your WhatsApp number. **Put *Auroville/SSA* as the subject line of your email.** I will be in Auroville till mid-April but can also respond remotely once back in the US. Thank you.

RESIDENTS SPEAK

RECOUNTING AUROVILLE SINCE 4 DECEMBER 2021

A JOURNAL/AUDIOBOOK IN BOTH FRENCH + ENGLISH

I have begun writing a journal/audiobook in both French and English, recounting Auroville since December 4, 2021. This isn't an exact chronology but rather my personal experience of the events and the palpable sense of mortal danger our beloved city currently faces.

I believe this narrative will appeal not only to devoted lovers of Auroville but also to anyone interested in learning more about the current crisis through a vivid, engaging account—far from a cold series of debacles. Moreover, it's not solely about the crisis; it highlights the importance of a project like this on a planet facing climate change. In a world where building “the city that the Earth needs” should be a priority not only here but everywhere, this endeavour takes on even greater significance.

You can find all the texts and videos in both languages on www.auroville.love.

For YouTube, here are the links to the channels:

- In English: <https://www.youtube.com/@AurovilleLove-EN>
- In French: <https://www.youtube.com/@AurovilleLove>

Sincerely,

A willing servitor

NARAD'S DREAM OF 29 DEC 2001 ON AUROVILLE

Last night I dreamed of Auroville and was shown the many changes that were taking place, things that would survive and others that would die off. I awoke once to write a few lines then went back to sleep where the dream continued. Each time I awoke briefly and then went to sleep I dreamed again of Auroville. There was no emotion involved, all was very quiet and I was shown the changes almost as a moving picture but in three dimensions. I remember especially the beauty of the land, the small groups of people gathered together, both Aurovilians and villagers, discussing the momentous things that were happening. Music was also involved but I can recall nothing more.



CHRONICLES OF DAWN

CHAPTER 8 - THOSE WHO LEAVE

The old stories spoke of a time when the elves departed Middle-earth, sailing West as their age came to an end. Now, in the City of Dawn, another kind of parting was taking place - not with white ships and silver horns, but with quiet farewells in gardens that those leaving had planted with their own hands.

They left in different ways. Some received scrolls marked with official seals, informing them that their presence was no longer welcome in the city they had helped to build. Others found their sources of livelihood suddenly cut off, making it impossible to remain. Still others chose to depart rather than witness the unmaking of what they had spent decades creating.

Each departure left a hole in the fabric of the community - an empty chair in a meeting circle, a quiet workshop where craft had once flourished, a garden untended. These were not just physical absences but gaps in the network of relationships that had grown over decades, like missing threads in a tapestry that had been woven with great care.

Yet even in these partings, something of the city's unique spirit showed itself. Those who left did not go with bitter curses or calls for revenge. Instead, they gathered their memories like precious seeds, knowing that what they had learned in this place would flower wherever they went. They had learned too well the lesson that unity transcends physical presence, that consciousness once evolved cannot be devolved.

One elder, who had tended the same grove for thirty years, spent her last days carefully documenting every tree and plant, creating detailed maps and care instructions for whoever might come after. "The trees will remember," she said, "and perhaps one day, those who follow will learn to listen to them again."



A craftsman who had built beautiful things from fallen wood carefully apprenticed several young ones in his art before departing. "The skills must live on," he said, "even if the hands that hold them change."

Seekers made recordings of their deepest lessons learnt, not just of outer knowledge but of the inner wisdom they had gained through decades of service. They knew that such wisdom, once seeded, would find ways to grow again, like the hardy pioneer plants that had first brought life back to the red earth plateau.

Those who remained felt these departures keenly. They gathered in small groups to share stories of those who had left, to ensure that their contributions would not be forgotten. They tended the gardens of the departed, kept their projects alive, and held their dreams in trust.



But something unexpected began to emerge from this time of loss. As the community faced these enforced partings, they discovered that the bonds they had forged went deeper than physical presence. Those

who left remained connected through invisible threads of shared purpose and understanding. Those who stayed found themselves growing stronger through the very challenges that threatened to break them.

They began to understand something that the Lady of Light had tried to teach them - that true unity exists in a realm beyond physical gathering, that consciousness once raised cannot be lowered by external force. The seeds of the future they had planted together would find ways to grow, even if not in the forms they had originally imagined.

Messages would arrive from those who had departed - from distant forests and cities, from other communities where they had found refuge. These messages spoke not of defeat but of how the dream they had shared was taking new forms, spreading in ways they hadn't expected. The very diaspora that their opponents had forced upon them was becoming a means of dispersing their seeds of transformation more widely.

One letter spoke of teaching children in a distant land about the possibilities of human unity. Another told of starting a small forest in another place, using all they had learned about ecological restoration. A third described how the practices of shared economy they had experimented collectively were being adapted for use in other communities.

Those who remained in the City of Dawn carried a double weight - the grief of partings and the responsibility of presence. They began to understand that their role was not just to defend what had been built, but to maintain the living experiment itself. For experiments need their witnesses, their record-keepers, their steady hands that hold the flame through the storm. Those who stayed and those who left each carried forward the dream in their own way. The stayers were not merely holders of memory but active creators of new possibilities, their continued presence both an act of courage and a choice for deepening. Like the great trees of the forest, they sent their roots ever deeper while nurturing new life around them. They were the living heart of the experiment, making possible both departure and return, both memory and renewal.

Each morning, as they looked after the gardens of the departed and kept their projects alive, they renewed their commitment not just to memory but to continued creation. Their presence was not passive resistance but active affirmation - of the dream, of the possibility, of the experiment itself. They were learning that some must remain still so that others can move, that some must tend the beacon's flame so that its light may spread far and wide.



A young one found an old manuscript in which the Lady of Light had written: "The truth must be lived, not possessed." Perhaps this was part of what she had meant - that their work was not to hold tight to any particular form, but to live the truth they had discovered in whatever circumstances they found themselves.

And so they learned to face these partings with a deeper understanding. Yes, there was grief - how could there not be, when bonds forged through decades of shared work were suddenly severed? But there was also a growing recognition that what they had built together existed on a level that no external force could touch.

For the real work had always been in consciousness itself. And consciousness constantly finds new ways to flow, like water around obstacles, like light through clouds.

[To be continued...]

[Author's note: Any resemblance to current events or persons, living or mythological, is purely coincidental and exists only in the reader's imagination.]

To read all chapters of this series, please visit:
<https://auroclam.substack.com/>

by Clam Aduelaie



PROMPTINGS TO FULLY PARTICIPATE

Here are two interrelated writings, capped by a poem, to remind us in Spirit and Matter why we are in Auroville, specifically invited in accordance with the particular Vision-Goal and Guidance of our Avatar founders Sri Aurobindo and the Mother, and with both feet firmly grounded on Earth consciously and pragmatically participate in the collective task of preparing the City of Dawn for the many more generations needed before the blossoming of the Golden Age, the promised Life Divine on Earth:

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

1. [In Progressive Alignment with the Vision-Goal](#)

2. [A Shared and Lived Divinity](#)



Someone in Auroville writes
And another naively comments
On "What a Wonderful World" it is...

Until one goes around the City of Dawn
And sees all the garbage everywhere strewn
By unconscious pretentious humans.

Now filth fills your creation –
Unwonderful rubbish, O Master of Life.
On the onset of spring full of mess
Blooms the mounds of plastic in the prison of mind.
Drunken humans huddle your Earth, bent like creepers.
Prayers for transformation ascend towards Your radiant sky.

Thankfully, "man is a transitional being."
"Man and the mind are not the last term of creation.
A Supramental being is in preparation."

<https://incarnateword.in/cwm/15/the-supramental-and-the-new-being>

Note: for readers of the printed version, please scan the QR Codes or visit the site to view the posts.

ॐ Zech, 2025.03.17

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

FOOD FOR THOUGHT

The system will collapse,

if we refuse to buy what they are selling- their ideas, their version of history, their wars, their weapons, their notions of inevitability.

**Remember this: We be many and they be few.
They need us more than we need them.**

Another world is not only possible,
she is on her way. On a quiet day,
I can hear her breathing.

Arundhati Roy



AUROVILLE CONVERSATIONS



Submitted by an Aurovillian

FRENCH NEWS & NOTES

NOUVELLES D'AUROVILLE



Auro - Traductions

Click [here](#) or scan the QR code to read the **French News&Notes**.



INNER JOURNEY

INTRODUCTION TO THE INTEGRAL YOGA OF SRI AUROBINDO AND THE MOTHER

Tuesday 25th March, 9 am - 12 noon

Focus: The Divine Mother

Led by Ashesh Joshi

Place: Mirabelle Education Centre, Auromodele
Ph/Whatsapp: 94891 47202 (Please register)

All are Welcome



SAVITRI SATSANG WITH NARAD

EVERY TUESDAY, 04:30 - 05:15PM

Savitri, this prophetic vision of the world's history, including the announcement of the earth's future.

We will begin with Savitri Book One Canto Three.

At Savitri Bhavan - Square Hall

OM CHOIR WITH NARAD

EVERY TUESDAY, 05:30 - 06:15PM

Please join us in this collective aspiration, in the form of united prayer.

No prior singing experience is required.

At Savitri Bhavan - Square Hall



AMPHITHEATRE - MATRIMANDIR

Meditations at sunset with SAVITRI,

Every THURSDAY
from 5:30 to 6:00pm

(weather permitting)



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

Reminder to all: The Park of Unity is a place for silence, meditation and inner work and is to be used only as such. We request everyone: please do not use cameras, iPads, cell phones, etc. No photos.

New: Guests with Aurocard wishing to attend must book at <https://bit.ly/savitri-reading> one or two days in advance, **or on the day itself before 11am**. Please bring your Aurocard with you.

Access by Office Gate for the Amphitheater only from 5:15pm. Thank you.

Velmurugan and the Access Team

VIBRATIONAL SOUND BATH

SOUL NURTURING MEDITATIVE EXPERIENCE WITH THE ORIGINAL RUSSIAN SINGING BELLS

*These are sounds of the Beginning
These are sounds that cradled the worlds*

Harmonious play of rich powerful tones and strongly resonating overtones invokes a profound state of inner peace, tranquility and self-healing, bringing deep physical and psychological relaxation.

Open Group - Everyday 3:00 - 4:30pm

At Mirabelle Education Center, Auromodele,
Kuyilapalayam

Led by Vera (Instagram - [Vera.Auroville](#)) and Ashesh Joshi

Please register in advance

Ph/WhatsApp: +91 94891 47202, +91 94862 47202

(Private sessions on request at other timings)



VIPASSANA MEDITATION

All **old students** of Vipassana meditation having completed at least one 10-day course as taught by S.N. Goenka (www.dhamma.org) and who are not meditating within any other tradition are welcome to attend a half-day Vipassana course at Udavi School in Auroville.



- **Date:** Every Sunday
- **Timings:** 9am – 1pm 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](#).
- **Lunch:** Lunch is provided at the end of the Vipassana course. Those who wish to have lunch must RSVP with Sanjay.
- **Contact:** Laure - Ph: 88074 34864 or WhatsApp +33 6 95 65 11 35

ANNOUNCEMENTS

ECO FEMME - OPEN HOUSE

EVERY THURSDAY, AUROSHILPAM

A promotional poster for Eco Femme. At the top, the logo 'eco femme' is displayed. Below it, the text 'Come learn about:' is followed by a list of bullet points: 'Sustainable products like cloth pads, menstrual cups, period panties and cloth nappies', 'Menstrual cycle awareness', 'Ethical business in a women-led social enterprise', and 'Our not-for-profit menstrual health education'. Below the list, it says 'EVERYONE IS WELCOME.' and 'Every Thursday, 10:30am - 12:00pm'. A note says 'P.S. You can pick up all our eco-friendly products at a discount!'. A QR code is on the left, and the contact information 'Eco Femme Office Auroshilpam, Auroville' and 'ecofemme.org | WA. +91 94871 79556' is at the bottom. The background features a hand holding a green menstrual cup and a stylized lotus flower.

AV BOTANICAL GARDEN - GUIDED GARDEN TOUR

TUESDAYS AND FRIDAYS

An aerial photograph of a botanical garden maze with a central cross-shaped path. A pink callout box in the top left corner contains the text: 'From the 20th of December to the 20th of March 2025'. At the bottom, the text 'Come walk with us!' is written in a cursive font, with 'Guided Garden Tour' underneath.

- **Tuesdays and Fridays - 09:30am** (about a 1.5-hour walk).
- Be on time.
- Bring your water bottle and a hat.
- Meeting point at BG Kitchen.



Please send us an email to: avbgtrouers@gmail.com to book your walk.

KNOW YOUR GREENS 1.2

7-9 APRIL, AV BOTANICAL GARDEN

Know your greens 1.2

Species identification of
Tropical dry evergreen forest

Join us for a 3-day workshop exploring the vibrant flora of the Coromandel Coast. Learn to identify and appreciate native plants through sight, smell, and touch. Learn how to collect specimens, treat and preserve them in the herbarium.

15 SPOTS AVAILABLE !

Dates:

7th April to 9th April

Location: Auroville Botanical Garden

Timings : 9.00 am to 4.30pm

Course fee : 4000/- rs (includes lunch & refreshments)

To register or know more:

ecologicalhorticulturecourse@gmail.com

Last date to register:
30TH MARCH'25



MARC'S CAFE STORE NEWS!

We are happy to announce that Marc's Café is welcoming anyone who would like to work or study in a co-working space atmosphere to visit our 3rd floor rooftop with free Wifi.

- We will be open from 8am to 8pm, six (6) days a week.
- We are closed on Wednesdays.



Also as a reminder

We have Aurovillian discount for AV, NC and registered SAVI volunteers and a 10% for Aurocard holders

Tuesday 50% discount for breakfast (only coffee, croissant and dosa)



Marc's Cafe team

LOOKING FOR

TAXI SHARE

MONDAY 25 MARCH

To stay eco friendly, I am very willing to share a taxi from **Auroville to Chennai airport on Monday 24 March 2025.**

Departure from Auroville Town Hall at around 9:00pm (21:00).

Please contact via whatsapp +34685673777 or email: srimaa221@gmail.com

Many thanks, Sunny



ECO FEMME IS LOOKING FOR OFFICE SPACE & STORAGE ROOM

Eco Femme is seeking new office space with the following specifications:

- Office area: 150 sq. m
- Storage room: 80 sq. m

Please feel free to contact us at 94871 79556 for more information. Thank you!



AVAILABLE

AMMA SHARING

Three of us used to share an amma but one of us has gone out of station for a long period. We are looking for someone interested in having some domestic assistance throughout the week.

This amma would be available on the following days (total 4 half-days):

Tuesday, Thursday and Friday mornings + Saturday afternoon.

Please send a message (no calls) to 91598 67541 for more information.

WORK OPPORTUNITIES

THE AUROVILLE DOG SHELTER IS LOOKING FOR RELIABLE WORKERS, LADIES AND MEN



The work starts at 9 am until 4:30 pm, 1 hour lunch time, 2 x tea. The Dog Shelter is just 150 meters beyond Edayanchavadi, on the road towards Red Earth Riding School.

If interested, please call or WhatsApp Kiran 94984 10380 or email aurovilledogshelter@auroville.org.in

Thank you,
Arthur

THE AUROVILLE DOG SHELTER IS SEEKING A TEMPORARY EXECUTIVE

The Auroville Dog Shelter is seeking a temporary executive to join our passionate team. This position is open to Aurovilians registered in the Register of Residents (RoR) who have deep compassion for dogs and all living beings. The ideal candidate should be well connected within the Auroville community, exhibit good organizational skills, and thrive in a collaborative team environment in the spirit of Mother.

Key Qualifications:

- Aurovilian Status: Must be registered in the RoR.
- Passion for Animal Welfare: A genuine love for dogs and all living beings.
- Community Engagement: Strong connections within the Auroville community.
- Organizational Skills: Ability to assist in daily tasks and projects.
- Team Collaboration: Willingness to work in harmony closely with our team, including management, executives, veterinary staff, and local workers.

Compensation: A half-maintenance is available, depending on work and time commitment.

If you're interested, please get in touch with Arthur or Tine via WhatsApp message at 81222 25266 to schedule a meeting. Let's work together to enhance the care and compassion at our Auroville Dog Shelter!



ACTIVITIES AT SERENDIPITY

SERENDIPITY ACTIVITIES & THERAPIES

(Ex. Joy Community in front of Center GH)

Center Field, Auroville - 605101, TN, India

Landline: 0091 (0)413 - 3509950

Mobile/Whatsapp: +91 93856 23342

Email: serendipityauroville@gmail.com

<https://serendipity.auroville.org>

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



REGULAR CLASSES:

Qi Gong - with Lhamo

- **Monday-Wednesday and Friday 7 - 8:30am, drop-in class**

Qigong can be described as a mind-body-spirit practice that improves one's mental and physical health by integrating posture, movement, breathing technique, self-massage, sound, and focused intent. Specifically, this form of gentle exercise is composed of movements that are repeated a number of times, often stretching the body, and building awareness of how the body moves through space. There are likely thousands of qi gong styles, schools, traditions, forms, and lineages, each with practical applications and different theories about Qi ("subtle breath" or "vital energy") and Gong ("skill cultivated through steady practice"). As Lhamo has a very extensive knowledge of many of them, she will explore different styles according to the students.

Hatha Yoga with Ramesh

- **Monday and Thursday 5:30 - 6:30pm, and Saturday 7:30 - 8:30am, drop-in class**

Ramesh offers hatha yoga classes with some vinyasa flow and include pranayama, traditional Sanskrit mantra chanting, and meditation. The style is gentle, adaptive and progressive where passive, gravity-assisted poses are mingled with dynamic vinyasa-style flow as needed. He places a lot of focus on breathing and body-mindfulness during the practice. It is ideal for beginners to intermediate-level practitioners. You will be exposed to authentic Sanskrit terms and their correct pronunciation. The practice will be rejuvenating and restorative. These specific classes will be on donation basis, even for guests.

Hatha Vinyasa Flow with Saraswati - starting on Tuesday 11th March

- **Tuesday, Thursday and Sunday 7:30 - 8:30am, drop-in class**

Hatha Vinyasa Yoga is a beautiful combination of two different disciplines. Vinyasa, meaning "breath-synchronised movement" and Hatha, which represents the union of the sun (Ha) and the moon (Tha). Hatha Vinyasa yoga unifies opposing forces and brings together the body and mind through the force of determined strength and effort. During a Hatha Vinyasa class, you will experience steady and flowing movements from pose to pose in a sequence synchronised with breath, often pausing to hold poses for various lengths of time. This practice builds strength and flexibility through movement, while the conscious rhythmic flow of the breath helps boost energy and health. The stillness during holding poses promotes a focused mind and mental calmness.

Tibetan Bowls - Sound Healing with Pratik

- **Tuesday from 5 - 6:30pm, drop-in class**

Tibetan singing bowls are crafted from a blend of metals, each carefully tuned to produce unique harmonic sounds. When played, these bowls generate vibrations that interact with the body's energy field, encouraging a meditative state and fostering overall well-being. The practice is based on the principle that everything in the universe, including the human body, is in a state of vibration. Disruptions or imbalances in these vibrations can lead to stress, illness, and discomfort. By aligning the body's frequencies through sound, Tibetan bowl healing seeks to restore harmony and vitality.

Traditional Sanskrit Mantras with Sonia

- **Thursday from 9 - 10am (Drop-in class); and Friday from 5 - 6pm (Regular students only).**

In the recitation of Sanskrit Mantras the sound is very important, and the specific pitches and strict rules of intonation and syllabic length should be learned according with the tradition of the great masters of the past, who figured out how to use the voice to calm the mind and attune the practitioner to the more subtle levels of the “sadhana” or spiritual path. Through the harmonic rhythm, repetition and participation in the singing, the mind reaches more clarity, concentration and tranquility.

Book Reading Circle - “Be As You Are” by Sri Ramana Maharshi - with Debashish

- **Wednesday from 6 - 7 pm**

The book beautifully explores the teaching of the sage of Arunachala. For him, the realisation that “there is no reality other than the Self” was not merely a philosophical concept but a profound truth that shaped his life into one of boundless joy. And in time the world recognised the power of his grace. What was the essence of his wisdom that transformed countless lives and inspired generations of modern philosophers and spiritual teachers. Let’s discover it together.

THERAPIES:

Shiatsu Massage with Sara

- **On appointment only (+91 94436 17308)**

Shiatsu is a manipulative therapy developed in Japan, incorporating techniques of anma (Japanese traditional massage), acupressure, stretching, and Western massage in order to maintain physical and mental well being, treat disease, or alleviate discomfort. It involves the uses of kneading, pressing, soothing, tapping, and stretching techniques and is performed without oils through light, comfortable clothing.

Cheek Acupuncture with Lhamo

- **On appointment only (+91 84380 53127)**

Cheek acupuncture works on the principle that in the face there is a holographic miniaturisation system covering the whole human body. Very small needles are used solely on the face of the patient, which is a mirror of the whole being. It uses a very interesting and immediate way to assess the changes in the body.

Gua Sha (Chinese Detox Scrub) with Lhamo

- **On appointment only (+91 84380 53127)**

This is one of China’s oldest treatments. The practitioner uses a tool like a flat piece of jade to scrub the skin to help release blocks, stagnant blood, energy and restore a natural flow. When the toxins in the deep layers of the body reach the surface through scraping, they get more easily released from the body. This treatment is also suitable for healthy people to detoxify, to purify and improve the metabolism of the whole body.

Facial Gua Sha (beauty treatment) with Lhamo

- **On appointment only (+91 84380 53127)**

Facial Gua Sha reduces puffiness, lymphatic drainage, facial tension, helps tighten firm and lift skin, cooling, durable skin care. This treatment helps to detoxify, to purify and improve the metabolism as well.

Modern Trance Healing - Hypnotherapy with Lhamo

- **On appointment only (+91 84380 53127)**

In modern hypnosis, the emphasis is put on our own relationship to our own creative unconscious. There are many different aspects and parts in our outer and inner life. And there are parts that don’t have a positive appearance. In Modern Trance Healing, we can turn them into positive possibilities and let them teach us how to discover their positive meaning.

ACTIVITIES AT JOI - ANITYA COMMUNITY

Journey to Inner Peace :

Holistic Healing Services at Anitya Community

Located in the peaceful environment of Auroville's Center Field, the Joy of Impermanence—Anitya Community Project offers a variety of holistic services to support your body, mind, and spirit. Our experienced practitioners provide a range of practices to help you relax, heal, and grow, guiding you toward balance and well-being.



- **Location:** Anitya Community, Center Field, Auroville (500m after Center Guest House)
- **Bookings:** For more information or to schedule a session, please contact the practitioners directly (preferably via WhatsApp messages)

WELL-BEING
@ JOI ANITYA

THAI YOGA BODYWORK
ANDRES
(+91) 9751607501

AYURVEDIC MASSAGE
ELENE
(+91) 7904143719

INTEGRAL COACHING
DAVE
(+44) 7564119728

SHAH-LU-HA-KA BODYWORK
NIKKI
(+91) 7094716136

MINDFULNESS MEDITATION
HELEN
(+91) 7094753054

WOMEN CIRCLES

Info and Bookings through **WhatsApp** | Anitya Community Centerfield | joyofimpermanence@auroville.org.in

Joi Anitya is a Registered Project under Hospitality Trust, Auroville Foundation

Thai Yoga Bodywork with Andres

- **Contact:** +91 97516 07501

Combining elements of yoga, acupuncture, and assisted stretching, Thai Yoga Bodywork is designed to release tension, improve circulation, and enhance flexibility. This therapeutic practice helps restore balance to your body and mind through gentle, rhythmic movements.

Ayurvedic Massage with Elene

- **Contact:** +91 79041 43719

A relaxing full-body oil massage that melts away tension and revitalises prana by gently focusing on the head, back, stomach, and feet.

Integral Unfoldment Coaching with Dave

- **Contact:** +44 75641 19728

A transformative life coaching approach blending Internal Family Systems (IFS), Focusing, and the Diamond Approach to explore your inner world, integrate all parts of yourself, and unfolding your unique potential for personal transformation.

Shah-Lu-Ha-Ka Bodywork with Nikki

- **Contact:** +91 70947 16136

This unique bodywork technique blends different massage styles, energy healing, and intuitive touch to release physical and emotional blockages. Shah-Lu-Ha-Ka Bodywork is a deeply restorative experience that invites your body to heal from within.

Mindfulness Meditation with Helen

- **Contact:** +91 70947 53054

Join Helen for guided mindfulness meditation sessions designed to cultivate awareness, reduce stress, and enhance emotional resilience. Whether you're a beginner or an experienced meditator, these sessions provide a peaceful space to connect with your inner self. Regular drop-in session for all on Tuesdays at 7:15am (Maloka Hall).

Women Circles with Louise Rose

- **Contact:** +91 73053 73562

Women Circles offer a sacred space for women to gather, share, and support each other in their journeys. Led by Prem Shakti, these circles provide a nurturing environment where women can explore their personal growth, creativity, and shared experiences. Every new moon and full moon.

NEW SESSIONS!

Womb Blossoming with Louise Rose

- **Contact:** +91 73053 73562

A deep healing journey connecting the womb, heart, and throat through vocal activation and flower bodywork. This practice integrates sonic energy healing, affirmations, herbalism, and aromatherapy to awaken the body's innate wisdom and express your soul's story.

Whispering of the Flowers with Louise Rose

- **Contact:** +91 73053 73562

Flower medicine ceremonies and bodywork integrating naturopathy, somatic therapy, and sonic healing. Using flower essences, herbalism, and aromatherapy, these sessions support deep reconnection and balance.

WORKSHOPS

MIRRORS & ME

20 MARCH, CRIPA

Welcome to join Mirrors & Me.

Ready for an interactive and introspective experience?

We explore, individually and together, through breath, dynamic meditation, games, conscious touch, improvisation, observation and reflection.

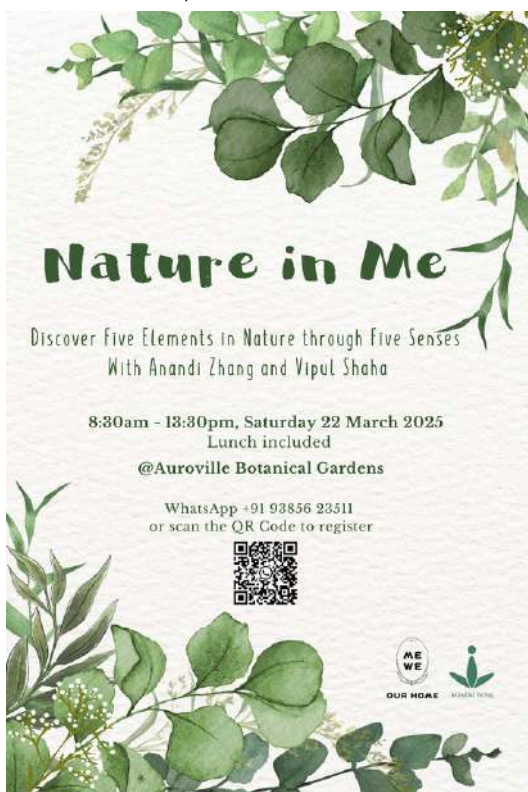
Through these explorations, we ride on the energetic waves and rest assured in the connection within and with each other.

- **6th, 13th, 20th March**
- **9 - 11:30am, Thursdays @Cripa, Small Hall**



🍀 **JOIN US FOR 'NATURE IN ME' -
5 ELEMENTS NATURE WALK** 🍀

SATURDAY 22 MARCH, AV BOTANICAL GARDENS



An immersive experience in the beautiful Auroville Botanical Gardens!

Discover our intimate connection with Mother Nature and the Nature within ourselves.

Movement, Stories, Art and many a special surprises await us!

Small group size. Lunch included.

- **When:** 8:30 am to 1:30 pm - Saturday, March 22, 2025
- **Where:** Auroville Botanical Gardens. Google Location: <https://maps.app.goo.gl/hnopWqt2RASGexMR8>

PRIOR REGISTRATION NEEDED

Scan the QR Code or WhatsApp +91 93856 23511 to register.

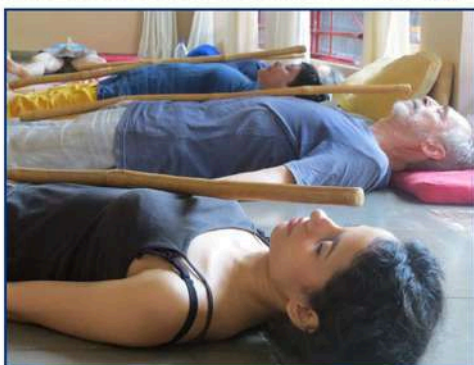
Look forward to seeing you there! 🍀

**INTRODUCTORY EXPLORATION OF AWARENESS
THROUGH THE BODY (ATB)**

SATURDAY 22 MARCH

ATB - Awareness Through the Body

Intro & exploration with Honor & Vega



9.30am - 12.30pm - Saturday 22 March 2025

Please register using the form link in the text below

Dancing Tree, under Hospitality Trust, Auroville
dancingtree.smile@gmail.com - Whatsapp: 9159856148

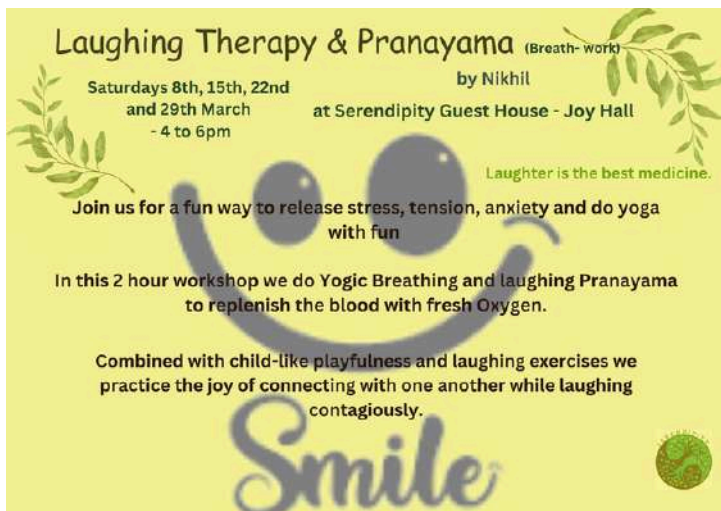
All are welcome for an introductory exploration of Awareness Through the Body (ATB). This practice, developed in Auroville, aims to build self-awareness and self-regulation, increasingly allowing us to lead from a place of deeper wisdom - our psychic center.

We use a variety of introspective and interactive, dynamic and still exercises gently leading us to a deeper space of awareness. In this session we will focus on relaxation.

- **Saturday 22 March 2025 (9:30am - 12:30pm)**
- **Advance registration** required using the Google [form](#) link below
- Contact: dancingtree.smile@gmail.com or whatsapp: 91598 56148

LAUGHING THERAPY & PRANAYAMA

SATURDAYS 15, 22, 29 MARCH, SERENDIPITY GH



Laughing Therapy & Pranayama (Breath-work) by Nikhil

Saturdays 8th, 15th, 22nd and 29th March - 4 to 6pm at Serendipity Guest House - Joy Hall

Laughter is the best medicine.

Join us for a fun way to release stress, tension, anxiety and do yoga with fun

In this 2 hour workshop we do Yogic Breathing and laughing Pranayama to replenish the blood with fresh Oxygen.

Combined with child-like playfulness and laughing exercises we practice the joy of connecting with one another while laughing contagiously.

Smile

NONVIOLENT COMMUNICATION (NVC) INTRODUCTION

SATURDAY 23 MARCH, TIBETAN PAVILION



Nonviolent Communication

Introduction Workshop

Sunday 23rd March

9:30 am to 5:00 pm

Tibetan Pavilion

Facilitated by Vega



YouthLink



Scan to Register



YouthLink invites you to a Nonviolent Communication workshop, facilitated by Vega (CNVC certified trainer).

NVC is a communication tool that helps us connect from our hearts. This tool can enhance connection and understanding and make us aware so we can make choices from a conscious space.

During this workshop, we will have a basic introduction to NVC, touch upon the core foundations, and practice various exercises.

JIVA AUROVILLE -

YOUR JOURNEY IN HEALING AND TRANSFORMATION



JIVA Auroville

Your Journey in healing and transformation

A platform of Auroville therapists www.auroville-jiva.com

Core team: Sigrid, Mirrabelle and Sandhya

- **Sigrid** offers Integral Regression therapy, Workshops on Trauma therapy and Inner Child Work, Sundays JIVA breathwork and 5-day Breathwork retreats.
- **Mirrabelle** offers Natural Horsemanship for children and adults, individuals, families and groups, Equine Assisted therapy.
- **Sandhya** offers Energy Healing Workshops, Flowgame, Life Coaching and Healing – in person and online.

Upcoming Workshops

- ~~Saturday 15th March – Inner Child Work in the perspective of Integral Yoga.~~
- ~~Sunday 16th – Thursday 20th March – 5-day workshop “JIVA Breathwork”~~
- **Sunday 23rd March** - Flowgame

We offer a wide range of **Online activities**.

Contact@auroville-jiva.com, WA 96260 06961

All info via www.auroville-jiva.com

Insta https://www.instagram.com/jiva_auroville_2023/

SUNDAY KIRTAN - BHAKTI YOGA

SUNDAYS 16, 23, 30 MARCH, SERENDIPITY GH



Sunday kirtan
Bhakti Yoga: Yoga of Love

Sundays, 9th, 16th 23rd and 30th March
4 to 6pm
At Serendipity Guest House - Joy Hall

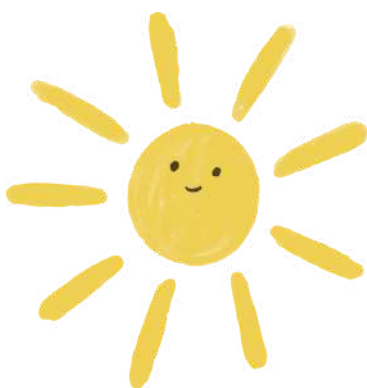
In this 2 hour workshop we sing together the name of God: Shiv, Kali and other Hindu deities.

Repetition of the lord's name (JAPA) with MANTRAS and a sense of surrender is a sure path to enlightenment according to Vedas.

Letting go of your burdens and worries to the Divine Shoulder and let HIM take control is the central idea here.

Trusting a higher wisdom & letting go control & being receptive to new ideas is the power of this practice

Come & join the magic of co-creating in the SANGA (group) and loving kirtan this Sunday.



HOLOTROPIC BREATHING TECHNIQUE

SATURDAY 29 MARCH, CREATIVITY



Unlock the wisdom of your inner self through Holotropic Breathing

A powerful practice for expanding consciousness, releasing emotional blockages, and fostering deep healing. This workshop offers a safe and supportive environment for profound personal exploration.

Saturday, 29 March
9 am - 1.30 pm
Hall of Light (Creativity)

Facilitation: Lola and Tanja certified facilitators
Location: Hal of Light, Creativity, Auroville
Registration:
WhatsApp: +91-9787 431 389 or
breathingholotropic@gmail.com

more information

with Lola & Tanja (JIVA breathwork facilitators)

Date: Saturday 29 March 2025

Time: 9:00am -1:30pm

Location: Hall of Light, Creativity Community

The Holotropic Breathing Technique is a powerful practice for deep healing, self-discovery, and expanded consciousness. In a 2.5-hour session, you'll breathe more deeply and rapidly than usual, supported by evocative music designed to guide and amplify your experience. This process can help release emotional blockages, ease anxiety, heal past traumas, and even alleviate physical pain. Beyond healing, it's a profound way to connect with your Inner Self, awaken deeper awareness, and gain clarity on your life's purpose.

Please register before:

- WhatsApp +91 94430 69335 or
- breathingholotropic@gmail.com

More info:

<https://articlestanjarost.my.canva.site/holotropic-breathing> or scan the QR code

FACIAL GUA SHA WORKSHOP

TUESDAY 1 - WEDNESDAY 2 APRIL, SERENDIPITY GH



Facial Gua Sha Workshop
(2 days)

with Lhamo

Tuesday & Wednesday
1st and 2nd April
9:30 to 11:30am and
2:30 to 4:30pm

Gua Sha is an ancient natural treatment popular in Chinese medicine to increase blood circulation, detox & stimulate the meridians for a better energy flow. Through the workshop we will not only learn the correct way to use Gua Sha tool to stimulate meridians but also the connection between our facial features and our organs; our face is like a mirror of our organs conditions. The workshop will also include ancient belly techniques to balance spleen & liver.

Facial Gua Sha reduces puffiness; lymphatic drainage, facial tension, helps tighten firm and lift skin, cooling, durable skin care. The participant need to have ones own Gua Sha tool.

Participants are required to attend both days

For more details about workshop and tools contact: +91 9443617308



QUANTUM CONTACT - CONTACT IMPROVISATION WORKSHOP WITH SHIFU ASH

3 - 6 APRIL, CRIPA



In this workshop, you'll explore the art of contact improvisation through the lens of microscopic awareness, focusing on the subtle language of touch. This class will guide you in mastering the delicate balance of taking responsibility for another's body while learning to command, listen, and negotiate through movement.

You'll delve into key aspects such as building trust and understanding reflexivity—where every action invites a reaction. We'll also cover self-protection and safeguarding your partner, all while engaging your imagination to intuitively track and respond to your partner's movements.

In addition to movement exploration, we will dive into biomechanics, physics, and physiology, understanding how forces like momentum, gravity, and inertia influence our bodies in motion. You'll learn how skeletal alignment, muscle coordination, and nervous system responses shape the way we initiate, absorb, and redirect energy in contact improvisation. By bridging science with sensation, this workshop will deepen your understanding of touch and connection, transforming your dance practice into a refined and resonant dialogue.

- **LOCATION:** CRIPA Small Hall, Auroville
- **DATES:** 3rd to 6th April, 2025
- **SCHEDULE:** 4:00 - 8:00pm

FEES (for guests in Auroville):

- Early Bird Price For 4 days: 7,500 INR (paid registration before 25th March)
- Regular Price For 4 days: 10,000 INR (for beginners and existing practitioners)
- Open contribution for Aurovilians and SAVI volunteers.

For registrations and enquiries: aurovilleartworld@gmail.com

About the facilitator:

Shifu Ash is a dance movement researcher, philosopher, choreographer, and visual artist based in Mumbai, India. He has extensive expertise in Wing Chun, Aikido, Modern Contemporary Dance, and Contact Improvisation, with over 20 years of experience. He is the founder of Combat Dance practice, which merges philosophies of martial art, dance, and movement science. He has been teaching under this approach for more than 8 years. He is also a former member of CID-UNESCO Paris (International Dance Council) and the founding member & CEO of ProDancer Infotech PVT LTD.

He has also choreographed for a feature film in India, Kalki 2898 AD and is actively involved in co-curating international dance festivals such as the Partner Dance International Festival and India Contact Festival.

He has been invited to teach at some of the prestigious dance festivals & companies in India & abroad like Impulstanz Vienna International Dance Festival, International Contact Festival Freiburg, Nederlands Dans Theater, Tanssille Ry Helsinki, Henny

Jurriens Studio Amsterdam, BFM Tallinn University, Saint Petersburg Conservatory Dance, Goa Contact Festival, Divadlo Studio Tanca, Goa Dance Residency, Berlin Contact Festival, Contact Meets Contemporary Festival Goettingen, Tokyo Nomadic Residency, Chinchintalu Festival Dubai, Terence Lewis Contemporary Dance Company, Nriya Shakti, Institute Of Classical & Modern Dance India, Workshop for friends, Radi Sveta Art, SDVIG Studio, etc.

CULTURAL ANNOUNCEMENTS

PIANO MEDITATIONS BY HARTMUT

FRIDAY 21 MARCH, MATRIMANDIR AMPHITHEATRE

On the occasion of the Equinox, Hartmut will offer Piano Meditations in Matrimandir Amphitheatre.

- **Friday 21st of March - 6:30pm.**
- **Last entry at 6:15pm.**
- Guests are requested to bring their Aurocard. Entry is limited to the Amphitheatre.
- Exit the latest by 8:00pm.




JOIN US FOR PÉTANQUE - A CLASSIC FRENCH GAME!

EVERY SUNDAY, FRENCH PAVILION



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

 **Every Sunday, 4pm – 5:30pm**
French Pavilion, opposite the Visitors' Center

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

CHICHA

FRIDAY 21 MARCH, CRIPA



Live music

CHICHA

Physical theater
Clown performance

FRIDAY
MARCH 21

19:30



AMARES
TEATRO

Cripa, Auroville



cripa
PERFORMING ARTS

KOLAM

SATURDAY 22
MARCH, CRIPA



K O L A M

..... movement
..... exploration

Saturday
22nd of March
time: 7.30 pm

@CRIPA

by Tara
Pula

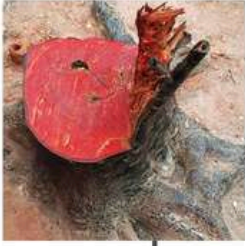
work in
progress
± 20 minutes



EXHIBITIONS

MORIBUND BY BIRGITTA

10 - 22 MARCH, TIBETAN PAVILION



The Pavilion of Tibetan Culture
and the German Pavilion invite

"Moribund"

Tree Trunk Prints by Birgitta Volz

"The Rupture, the Bad Mouth and the Supermind", 2024

Exhibition at the
Pavilion of
Tibetan Culture

International
Zone, Auroville,
India

Closing

Ceremony:

Friday, 21st of
March 2025 at
4.45 pm

Mon 10th to Sat
22nd of March
2025

from 9 to 12.30 am
and 2 to 5 pm, daily
except Sundays.

As a group you can
register for a
guided tour with the
artist also on
Sundays. Please
call 9442300574.



Each single piece of artwork is directly connected to our situation here.



"The Rupture, the Bad Mouth and the Supermind", 2024, 100x70 cm, printed from the trunk of a cut tree



"Fatal Kiss", 2024, 119 x 84 cm, printed from the trunk of a cut tree

**OF BEAUTY AND CONSOLATION - PHOTO EXHIBITION
BY LISBETH, 7 - 27 MARCH, PITANGA**



**ARTIFICIAL BRAINCANDY BY PHILIPP KLINNERT
7 - 26 MARCH 2025, CENTRE D'ART**



FOOD

FOOD FOREST TOUR - EVERY SUNDAY

FOOD FOREST TOUR
WITH VEGAN ICE CREAMS GREEN SMOOTHIES and more...



**EVERY SUNDAY from 9:30 to 11:30
(for groups of min 4 people any other weekday is possible)**

Come for a morning experience in my permaculture garden, learn about organic farming and get inspired to grow your own food.

We are going to explore the wide diversity of edible plants that grow around us and harvest fruits, greens, herbs and flowers.

After the tour we are going to create delicious and nourishing

VEGAN ICE CREAMS

with lots of flavourful toppings from the garden and our homemade produce.

La Ferme Community (5min from AV Bakery)
Sign up and info www.myfoodforest.in
whats app text Sarah 9047421044

AUROVILLE RADIO



Dear Aurovilians,

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

Last published podcasts:

- [Marlenka's weekly Offering – Ep.131 \(Literature\)](#)
- [Savitri - Ep.2 : Introductory Comments in Tamil | சாவித்ரி காவியம் ஓர் அறிமுக விளக்கம் by Dhanalakshmi \(Spirituality\)](#)
- [Soul Tracks S.6, Ep.11 - Son of the one before. \(Music\)](#)
- [Seeking Our Inner Being Group Discussion: Women's Group \(in English\) \(Spirituality\)](#)
- [Cosmic Inner Weather Report - Ep. 3: Letting the other through. \(Conversations\)](#)
- [Exploring Education in Arts, Animation and Film-making – Ep.45 “The Pre-World War II Sound Era - International Cinema” \(Arts & Culture\)](#)

Last Youtube Video:

- [Exploring Education in Arts, Animation and Filmmaking - Ep.3 - “History of Filmmaking”| Abhith Roy](#)
- [Moments - Voice meets Piano meets Voice | A Jazz Concert in Cripa, Auroville - Part 1 | Full Video](#)
- [Soulful Beginnings with Monique - Ep.4 “Conscious Conception: Planning for Pregnancy”](#)
- [Humans and Energy: What You Need to Know – Nate Hagens](#)

....and more! on www.aurovillerradiotv.org.

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

Peace and love

Regards,
Sai Priya for Auroville RadioTV



POETRY

Everything turned
Upside down
Inside out

Every corner lifted
Every corner searched

Still... Where are you
To be found?
Where do you reside?

Tell me, my Love,
Now that I'm totally lost.

Trick me, you heartless one;
Treat me, with your sweet Self.

**AN EXCERPT FROM THE POEM "HERE'S LOOKIN' AT
YAH" AT [HARMS-END.COM \(HTTPS://HARMS-
END.COM/2025/03/14/HERES-LOOKIN-AT-YAH/\)](https://harms-end.com/2025/03/14/heres-lookin-at-yah/)**

Do you see it,
where you've been a dictator too,
even if it's just been a jealous husband
or a teacher in control of little boys
or dictatorial parents
or some bossman on the job?
It might be the way you treat your dog.
It's such a human disease.
It heaves society.
It brings society to its knees
in servitude.
Wake up.

And changed Earth's story,
alive in theater,
the divine pick me up there.
Great experience
I know an experiment.
What is that?
What is it?
And no handle,
and now
we symbolize becomes our lives,
and that's the new TV,
and we symbolize a greater show.

It's in our schoolbooks already,
a manifestation of truth, justice, and liberty for all
into our very rooms.
You can't see it yet I know,
but those meanings hold Earth today
in her manifesting spirit,
and I've come to tell you
it's there for the seein' now,
another way to think the Earth
and your role on it.
That's big symbol us
and your glow on it.
Kinda makes yah release the prisoners, eh?
Let's go.
It's your thought's glow.
Everybody watch it glow.

Life is a journey time got on.
Bag it,
all the glorious symptoms of God disappear.
The middle of man
will not shout our name
or even know we're there,
yet the Godhead lives inside of us.
We're not there
at its manifestation yet.

I've put it together in words
to hold our hands and move us along.
Ya'll leave me alone.
You're crazy.
But I'm a spoonful of God
completely outside
the reign of the dictator,
as my fashion words to you.
We are all in this disease.

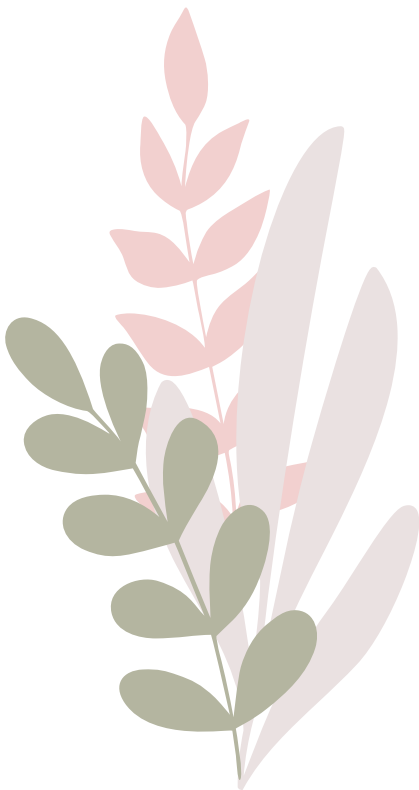
Completely outside fashion dictators,
parents honey,
can you strong that?
Can you please?
That's the handle on the world today.
There is where we begin,
and you know I've said the truth.

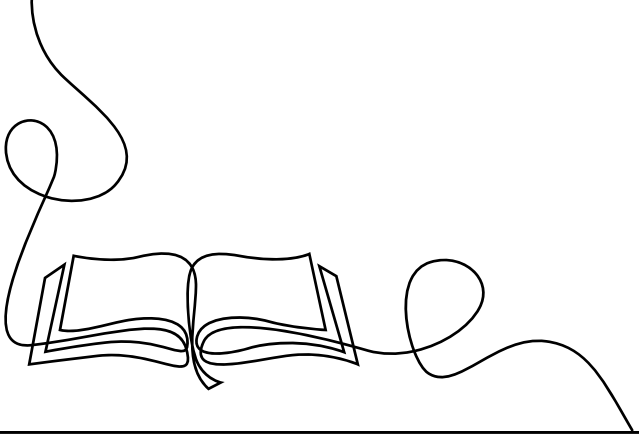
State of Grace

June 25, 2013

It is not the winter of this body's life.
No force can quell the magic of these days
To live, to love and offer up my praise.
And though the years have seen their share of strife
And loss and pain they are now far behind.
No longer are there dark and wintry fears
Or counting up of sorrow's wasted tears,
The inability to still the mind,
For now the goal is clear, the way is shown.
Bathing in the fragrance of the flowers
Intimidated not by fleeting hours
Through His largesse this fledgling soul has grown.
I take the present as a state of grace
In Her my fate and future lives I place.

Narad





FOR THE BOOKWORMS

READING CIRCLE - GETTING PAST YOUR PAST

WEDNESDAYS 12, 19, 26 MARCH, SERENDIPITY GH

**BOOK READING
CIRCLE**
we will read
**“GETTING PAST YOUR PAST- TRAUMA
HEALING SELF HELP”**
by **Francine shapiro**

AT SERENDIPITY JOY HALL
WEDNESDAY 4 TO 5PM
MARCH 12TH, 19TH AND 26TH
FACILITATED BY NIKHIL THAPAR

**BREATHING MEDITATION
GROUP READING
DISCUSSION**

IN THIS 1 HOUR BOOK READING SESSION WE WILL LEARN SELF
HELP TECHNIQUES TO HELP HEAL OUR PAST TRAUMAS.
ALONG WITH IT, WE PRACTICE MEDITATION &
BREATHING TECHNIQUES.



AUROVILLE LIBRARY

READING CIRCLES

MONDAYS AND TUESDAYS

Current book reading circles at the Auroville Library :

- Mondays 6 - 7pm, main building - **The Prophet by Kahlil Gibran**, hosted by Malcolm (+91 90801 59721)
- Tuesdays 6:30 - 7:30pm, main building - **A New Earth by Eckhart Tolle**, hosted by Debashish (+91 76782 08825)



THEME OF THE MONTH

Every month, we choose a topic and set up a display of books from our collection.

This month's theme is
Celebrating Women!

**Come by to check out our
selection!**



JOIN OUR BOOK READING CIRCLE: "NONVIOLENT COMMUNICATION"

EVERY MONDAY, YOUTH SPACE

We invite you to a book reading circle every Monday at the Youth Space, in Center Field, Auroville (find us on Google Maps). We'll be reading and discussing the book "Nonviolent Communication" by Marshall Rosenberg, and we're excited to share this journey with you! This book has the potential to really shift the way we communicate.

About the Book:

"Nonviolent Communication" offers a fresh perspective on how to express yourself honestly and respectfully. This book is all about creating a more empathetic and compassionate way of interacting with others, and it's packed with practical tips and real-life examples to help you get started. Whether you want to improve your personal or professional relationships, this book can shift your perspective as you learn to communicate more effectively with others and yourself.

Details:

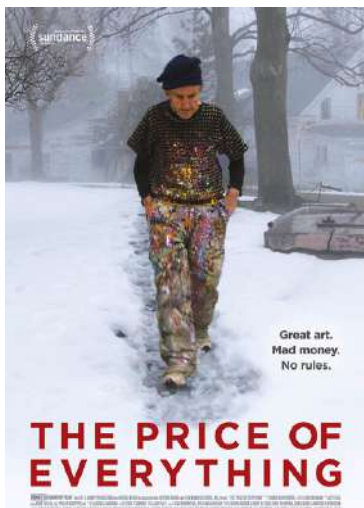
- **When:** Every Monday
- **Where:** Youth Space (check Google Maps for location)
- **Time:** 4:30pm - 6:30pm
- **Who:** Open to all interested in improving their communication skills
- **Contact:** Monica on WhatsApp at +91 93634 55711, or email monicayouthlink@gmail.com for questions

CINEMA

NEW MOON MOVIE :

THE PRICE OF EVERYTHING BY NATHANIEL KAHN

FRIDAY 28 MARCH, MULTIMEDIA ROOM, CENTRE D'ART



Every New Moon day, Art movie screening at Centre d'Art, Citadines.

This month it will happen on **Friday 28 March at 5pm, in the Multimedia room.**

THE PRICE OF EVERYTHING by Nathaniel Kahn, 2018 – 100 min - English with English subtitles

The Price of Everything, a polished documentary that explores the dizzying excesses of the high-end art market, is

centred around New York auction houses, art fairs and the superrich members of art elite who make these places their playground. Seemingly aware of the absurd culture it presents, *The Price of Everything* holds up a mirror to contemporary values. Investigating how art has become an asset class, the film functions like a love story between art and capitalism.

The film features interviews with people prominently involved in contemporary art and the market for it, including; artists [Jeff Koons](#), [Larry Poons](#), [Njideka Akunyili Crosby](#) and [Gerhard Richter](#), [George Condo](#), [Marilyn Minter](#) art dealer [Gavin Brown](#), [Sotheby's](#) executive vice president Amy Cappellazzo, auctioneer [Simon de Pury](#), collectors [Stefan Edlis and Gael Neeson](#) and Inga Rubenstein, and art critic [Jerry Saltz](#).

"There are a lot of people who know the price of everything and the value of nothing" [the art collector Stefan Edlis](#) remarks in Nathaniel Kahn's new documentary.

Everybody's welcome.

Reminder: Friday 21st March at 8:00 pm

“Umberto D.”

Directed by **Vittorio De Sica**, Italy, 1952

With: Carlo Battisti, Maria-Pia Casilio, Lina Gennari



Synopsis: Retired civil servant, Umberto can no longer provide for his needs. With nothing but a shabby pension to rely on, the old man spends his days trying to find something to eat, with only his dog Flike for company. When his landlord threatens to evict him, Umberto has no choice but to count on the support of Maria, the young chamber maid he has taken under his wing...

Of all Vittorio De Sica filmography, this was his

favorite film, which is part of the Italian Neorealist movement, featuring mostly non-professional actors. In 2008, the film was included by the Italian Ministry of Cultural Heritage in a list of 100 films that "have changed the collective memory of the country between 1942 and 1978." The film was also nominated for the Grand Prix at the 1952 Cannes Film Festival.

Original Italian version with English Subtitles. Duration: 1h39'

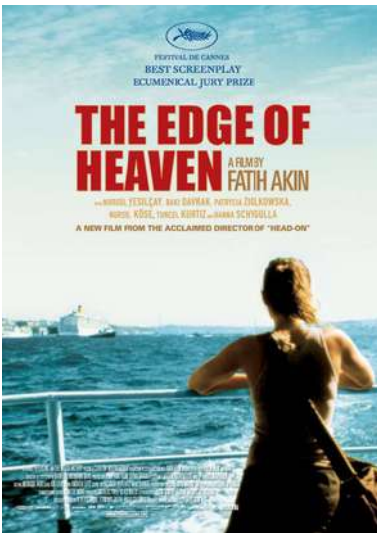
**Note: Contributions are
very welcome!
Aurofilm Collection
Acc. No. 252658**

Friday 28th March at 8:00 pm

“The Edge of Heaven” (German: *Auf der anderen Seite*, literally On the Other Side, Turkish: *Yaşamın Kıyısında*)

Directed by **Fatih Akin**, Germany and Turkey in 2007

With: Nurgül Yeşilçay, Baki Davrak, Tuncel Kurtiz, Patrycia Ziolkowska and Nursel Köse



Synopsis: The film weaves together multiple interconnected stories, exploring themes of love, loss, and the search for identity. It follows the lives of several characters, including a Turkish-German man who seeks revenge for the death of his mother, a young woman who tries to find her estranged father, and the intricate relationships that develop between them. Set against the backdrop of cultural divides, the film reflects on the complexity of human connections and the consequences of past actions...

The film won the Best Screenplay Award at the 2007 Cannes Film Festival, and was Germany's entry in the category Best Foreign Language Film at the 2007 Oscars.

Original version in German, Turkish, English with English Subtitles. Duration: 2h03'



Cinema Paradiso

Multimedia Center (MMC) Auditorium

Film program : 24th - 30th March 2025

Cinema Paradiso-Multimedia Center is operating at 100% seating capacity. Seating starts about 15mins before screening and stops as the film starts. Kindly arrive in time.

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

Observing the International Women's Day (8th March) and Women's Month in March we will try to bring films by and/or about women.

INDIAN - MONDAY 24 MARCH, 8:00 PM:

- **TITLI**

India, 2002, Writer-Dir. Rituparno Ghosh w/ Aparna Sen, Kankana Sen Sharma, Mithun Chakraborty, and others, Drama, 146mins, Bengali w/ English subtitles, Rated: NR (PG)

A teenager's infatuation with a film star takes an unexpected turn when she meets him during a journey with her mother. The encounter stirs unexpected emotions as the star's past with her mother resurfaces, and the girl begins to see her mother as a rival. The title, which literally means butterfly, symbolizes the metamorphosis and transformation that occur in fleeting seconds, capturing the essence of change and self-discovery. *Simple and subtle storytelling, excellent acting, against a backdrop of poetic landscapes makes it an excellent watch!*

POTPOURRI - TUESDAY 25 MARCH, 8:00 PM:

- **MANON DES SOURCES (MANON OF THE SPRING)**

Switzerland-France-Italy, 1986, Writer-Dir. Claude Berri w/ Yves Montand, Emmanuelle Béart, Daniel Auteuil, and others, Drama, 113mins, French w/ English subtitles, Rated: PG

After Jean Cadoret's death, his wife resumes her opera career, while their daughter Manon becomes a solitary shepherdess. Ugolin, a wealthy bachelor urged by his grandfather César to marry, falls for Manon. Driven by past grievances, Manon plots revenge against Ugolin and César, plunging the entire village into turmoil.

SELECTION - WEDNESDAY 26 MARCH, 8:00 PM:

- **INCROYABLE MAIS VRAI (INCREDIBLE BUT TRUE)**

France-Belgium, 2022, Writer-Dir. Quentin Dupieux w/ Alain Chabat, Léa Drucker, Benoît Magimel, and others, Comedy-Fantasy, 74mins, French-Japanese w/ English subtitles, Rated: NR (PG-13)

Alain and Marie move into their dream suburban home, only to discover a mysterious trapdoor in the basement that defies the laws of time and space. As they grapple with its bizarre effects, their lives spiral into unexpected chaos. This darkly comedic tale explores human desires, relationships, and the surreal consequences of tampering with the unknown.

INTERESTING - THURSDAY 27 MARCH, 8:00 PM:

- **SUGARCANE**

Canada-USA, 2024, Dir. Emily Kassie & Julian Brave NoiseCat w/ Willie Sellars, Charlene Belleau, Whitney Spearing, and others, Documentary, 107mins, English-Aboriginal-French w/ English subtitles, Rated: R

This powerful film examines the legacy of Canadian Indian residential schools, focusing on unmarked graves at St. Joseph's Mission. Through survivor accounts and investigations, it reveals systemic abuse and intergenerational trauma while highlighting the resilience of Indigenous communities as they seek justice and healing, offering a profound reflection on history's enduring scars.

INTERNATIONAL – SATURDAY 29 MARCH, 8:00 PM:

- **TILL**

USA-UK, 2022, Writer-Dir. Chinonye Chukwu w/ Danielle Deadwyler, Jalyn Hall, Frankie Faison, and others, DocuDrama-Crime, 130mins, English w/ English subtitles, Rated: R

Set in 1955, this powerful story follows Mamie Till Mobley, a mother grappling with unimaginable grief after the brutal lynching of her 14-year-old son, Emmett, while he visits relatives in Mississippi. Refusing to let his death be in vain, Mamie embarks on a courageous pursuit of justice, turning her personal tragedy into a catalyst for change. Her fight exposes racial hatred and ignites the Civil Rights Movement, highlighting the profound strength of a mother's love and unwavering determination to transform the world. *With this must watch film we end our Women's Month films*

CHILDREN'S MATINÉE – SUNDAY 30 MARCH, 4:00 PM:

- **KARIGURASHI NO ARIETTI (THE SECRET WORLD OF ARRIETTY)**

Japan, 2010, Dir. Hiromasa Yonebayashi w/ Bridgit Mendler, Amy Poehler, Will Arnett, and others, Anime-Fantasy, 94mins, Japanese w/ English subtitles, Rated: G

Fourteen-year-old Arrietty and the rest of the Clock family live in peaceful anonymity as they make their own home from items that they borrow from the house's human inhabitants. However, life changes for the Clocks when a human boy discovers Arrietty.

JACK NICHOLSON FILM FESTIVAL @ CINÉ-CLUB

CINÉ-CLUB SUNDAY 30 MARCH, 8:00 PM:

- **ONE FLEW OVER THE CUCKOO'S NEST**

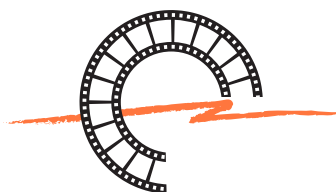
USA, 1975, Dir. Milos Forman w/ Jack Nicholson, Louise Fletcher and Others, Drama, 133 mins, English w/ English subtitles, Rated: R.

McMurphy has a criminal past and has once again gotten himself into trouble and is sentenced by the court. To escape labor duties in prison, McMurphy pleads insanity and is sent to a ward for the mentally unstable. Once here, McMurphy both endures and stands witness to the abuse and degradation of the oppressive Nurse Ratched, who gains superiority and power through the flaws of the other inmates. McMurphy and the other inmates band together to make a rebellious stance against the atrocious Nurse.

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

To organize a seminar/program at MMC kindly email us at mmcauditorium@auroville.org.in. Our projector is crawling towards the end of its life, making us look for a new one. We request you to financially support through a one-time or recurring donation to "Cinema Paradiso" (account #105106) or set up for a monthly contribution.

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



COMMUNITY SERVICES

ESSENTIAL SERVICES

AUROVILLE'S FINANCIAL SERVICES (FS)

- **Timings:** Monday to Saturday, 9am - 12:30pm, and 3pm - 4:30pm
- **Phone:** 0413 2622171
- **Email:** financialservice@auroville.org.in

ELECTRICAL SERVICE (AVES)

- **Timings:** Monday to Saturday, 8am - 4:30pm
- **Phone:** 0413 2622132/ 94888 68747 for fault works, repair works and job works
0413 2622264 clarifications reg. electricity bills, job & repair works bills
- **Email:** aves@auroville.org.in

GAS BOTTLE SERVICE

- **Timings:** Monday to Saturday, 9am - 1pm and 2pm - 4pm
- **Phone:** 0413 2622452
- **Email:** avgasservice@auroville.org.in

WATER SERVICE

- Monitors water lines and supply within AV, undertakes water-related jobs.
- **Timings:** Monday to Saturday, 8am - 12pm and 2pm - 4:30pm
- **Phone:** 0413 2622877, 89035 53246
- **Email:** avwaterservice@auroville.org.in

ECO SERVICE (WASTE COLLECTION/MANAGEMENT)

- **Timings:** Monday to Saturday, 8:30am - 12:30pm, and 1:30pm - 4:30pm
- **Phone:** 94435 35172
- **Email:** ecoservice@auroville.org.in

POUR TOUS DISTRIBUTION CENTRE (PTDC)

- **Timings:** Monday to Saturday, 9am - 5pm
- **Phone:** 0413 2622746/ 2622796
- **Email:** ptdc@auroville.org.in

POUR TOUS PURCHASING SERVICE (PTPS)

- **Timings:** Monday to Saturday, 8:30 am – 5:00 pm
- **Phone:** (0413) 2622152

AUROVILLE LIBRARY TIMINGS

Our timings are:

Mornings:

- Monday to Saturday : 9am - 12.30pm

Afternoons:

- Mon, Wed, Thurs, Fri & Sat: 2pm - 4.30pm
- Tuesdays : 4pm - 6.30pm

Children's Storytime! All ages welcome!

- Every **Saturday** between 10am - 11am.





*It is ever true that he who
does nothing for others,
does nothing for himself.*

Johann Wolfgang von Goethe

HEALTH

SANTÉ SERVICES IN MARCH 2025

sante

Working Hours:

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

Tests and Sample collection:

Monday - Friday: 8:30am - 12:00pm.

No sample collection on Saturday.

For emergencies, contact:

Auroville Ambulance (24/7) - Phone: **+91 94422 24680**

Government Ambulance (24/7) - Phone: **108**

Appointment

Please call Santé (0413) 262 2803 during working hours for an appointment.

Doctor Consultation with Dr. Gunashree & Dr. Sana: Monday to Saturday	Nurse Care - Thilagam, Ezhil, Archana & Sandhya: Daily: no appointment needed
Ayurveda with Dr. Berengere: Tuesday / Wednesday / Friday	Integrative Psychotherapy with Juan Andres: TOS
Acupuncture with Andres: Monday to Friday	Homeopathy with Michael: Monday / Wednesday / Saturday
Physiotherapy & Massage with Galina: Monday to Friday	Midwifery & GYN Care with Paula: As per availability
Bio-Well Assessment (Evaluation of your well- being) with Helena – email adminsante@auroville.org.in	Soundbed Session with Sandhya / Thilagam: Monday to Saturday

In Santé, we value our patient's confidentiality and make every effort to ensure their privacy.

In case of cancellation or to reschedule, it is necessary to inform us in advance.

HEALTH CENTER - KUILAPALAYAM

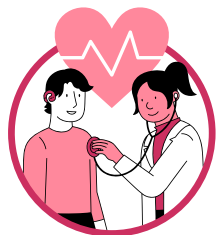
Contact: (0413)-3509942 / 3509943

Pharmacy:

- 8:00am - 5:30pm Monday to Saturday

Doctor Consultation:

- 8:30am - 5:00pm Monday to Friday
(1 - 2pm Lunch Break)
- 8:30am - 1pm (Saturday)



DENTAL CLINIC - KUILAPALAYAM

- **Timings:** Monday to Saturday, 9am - 5pm daily
- **Phone:** 0413 2622007/ 2622265
- **Email:** aurodentalcentre@auroville.org.in

AYURVEDA AND THE USE OF TURMERIC ANTI-INFLAMMATORY AND ANTI-OXYDANT



The harvest season of Turmeric is slowly coming to an end. The fresh plant comes at the right time to support our health during Spring when Kapha toxins (cold, heavy, sticky, slimy, viscous, stagnant) need to be expelled from the body otherwise they create a state of fermentation (bloating in the belly), stagnation (swelling in some parts of the body), inflammations (in body tissues and joints), leading to hayfever, allergies, cold, cough with mucus, mild fever. Healthy Kapha in our body is felt in our immunity and helps to resist any external factors, viruses or unhealthy bacteria, it keeps our respiratory system clean and clear and brings strength, endurance and perseverance in the energy, it is warm and generous at heart, soft and kind in its words.

Turmeric is a great plant that helps Kapha to maintain its best potential. Here some uses:

1. Early morning, to boost energy and immunity (at Kapha time – between 6am and 10am): drink hot water with some fresh turmeric, fresh ginger and a lemon juice.
2. As appetizer for lunch, to stimulate the gastric enzymes for a better digestion: one tsp of fresh turmeric grinded with fresh ginger, lemon juice and a pinch of salt (the mix can be kept in the fridge for some weeks).
3. As digestive, to stimulate the digestion or get rid of heaviness, bloating or indigestion: mix of ginger powder, turmeric powder and black pepper powder (= Be No1), take ½ tsp in a sip of warm water after a meal or anytime when feeling heavy or stuck in the digestion.
4. In case of hayfever, allergies, cold and cough with mucus: ½ tsp of turmeric powder or 1 tsp of turmeric flakes with lemon juice and honey, before any meals. An ayurvedic preparation for Kapha allergies (hives, dermatitis, rhinitis, itching, fungal infection) is called Haridrakhanda (it contains turmeric as main ingredient) – 1 tsp twice a day before meals. For sore throat and mucus in sinuses or throat: gargle with hot water, salt and a pinch of turmeric.
5. As anti-inflammatory for joints: take 1 Tbsp of sesame or olive or coconut oil + 1 flat tsp of turmeric powder + 1 pinch of black pepper – once or twice daily before meals and apply daily a mix of castor oil and shallaki oil on the painful joint. Anti-inflammatory in general: a mix turmeric powder, ginger powder and fenugreek powder (= Be No4), take ½ tsp in warm water early morning.
6. To purify the blood and clear the skin of ailments, rashes, prickly heat: mix of turmeric powder or flakes with neem powder and black pepper powder (= Be No2): ½ tsp in warm water twice a day before meals for 2 to 3 months.

This great plant (fresh, sun-dried or powdered) is available at AuroOrchard and some other places in Auroville.

Nature's gift to end spring and start summer in the most harmonious way.

Take good care and be well

Be@Sante Clinic



NURSE SERVICES

My name is Madhi and I'm 27 years old. I was born and brought up in AV.

I have done my bachelor degree in B.SC (Nursing) and I have more than three years experienced as a Staff Nurse in hospital (one year in psychiatric ward, six months in ICU and six months in emergency) and giving care for elderly people in AV past 2 years.

Services:

- Patient assessment and care plan.
- Medication administration.
- Vital signs monitoring.
- Wound care.
- To provide blood and lab test .
- Personal care assistance.
- Patient education.
- Fall prevention strategies.
- Providing assistance with bathing, dressing, grooming, and toileting needs.
- Communication and collaboration with physicians.
- Documentation of medical reports.
- End-of-life care.



If you need any assistance please do contact below-mentioned email or contact number.

Contact: 95972 22826 (Madhi) call/WhatsApp

E-mail Id: madhiazhagan014@gmail.com



ACCESS TO THE PARK OF UNITY AND MATRIMANDIR

The Park of Unity

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

- The Park of Unity is open to Aurovilians and Newcomers
Daily: 6.00 AM to 7.30 PM
- Aurovilians may bring family and friends to the Gardens
Daily: 9.00 AM to 12.00 PM
- Volunteers and Pass holders require a pass to enter the Park of Unity. Timings will be indicated on the pass.
- Published events in the Park of Unity are open to Aurovilians, Newcomers, Volunteers, Pass holders and Guests. Guests should bring their Aurocards.

The Inner Chamber of the Matrimandir

The Matrimandir is a place for silent individual concentration.

- The Inner Chamber is open to Aurovilians and Newcomers:
Monday – Saturday 6.00 AM to 8.00 AM
4.30 PM to 7.30 PM
Sunday 6.00 AM to 12.00 PM
4.30 PM to 7.30 PM
- The Inner Chamber is open to SAVI registered Volunteers:
Wednesday – Monday 8.00 AM to 8.40 AM.
Arrival at 7.45 AM at the Office Gate
- The Inner Chamber is open to Aurovilians wishing to accompany a maximum of 5 close family and friends, no more than once in two weeks, with booking 3 to 5 days in advance to mmconcentration@auroville.org.in:
Any day except Tuesday & Sunday: 8.00 AM to 8.35 AM
Arrival at 7.45 AM at the Office Gate
- The Inner Chamber, the Petals and the Gardens are open to the Children of Auroville and the Outreach Schools:
Tuesday 9.00 AM to 11.00 AM
- The Auroville units can bring their staff to the Inner Chamber with a prior booking to mmconcentration@auroville.org.in:
Tuesday 8.00 AM to 8.30 AM

The Petals of the Matrimandir

- The Petals are open to Aurovilians, Newcomers and Pass holders
Monday – Sunday 7 AM to 8 AM,
Tuesday AM closed.
Daily 5 PM to 6 PM

Access to Matrimandir for Visitors and Guests Matrimandir Viewing Point

The Viewing Point is open to the general public on presentation of a Pass.

Visits to the Matrimandir Viewing Point are free of cost.

Free passes can be obtained at the Auroville Visitors Centre

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

Timings starting from the Visitors Centre:

Daily: 9.00 AM to 5.30 PM

The Inner Chamber of the Matrimandir

The Inner Chamber is open to Visitors and Guests by prior booking only. Visitors and Guests seeking to concentrate in the Inner Chamber are requested to inquire at the Information Desk of the Visitors Centre after first visiting the Viewing Point. Prior booking is required to access the Inner Chamber, at least one or two days in advance. Bookings for concentration are given for the following or the first free day as per availability and are accepted only up to one week in advance. Minimum age 10 years. The Petals are open to Visitors on the morning of their Inner Chamber visit.

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

- Single Trip = ₹100 per person
- Monthly Scheme (Students + AV Workers) = ₹1200
- Monthly Scheme (Students + AV Workers) = (One Way) ₹850

Auroville Vehicle Service
Town Hall, Auroville, 0413 2623302



Join our WhatsApp group of Auroville Bus to get regular updates:

<https://chat.whatsapp.com/Lt43wBCBno1E6CTwoaUt2x>

EMERGENCY NUMBERS



Ambulance (24/7):

Auroville 94422 24680	PIMS 0413 2656271	
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Security (24/7):

Auroville Police Station 0413 2677318	Kottakuppam Police Station 0413 2236148	Vanur Fire Station 0413 2677368
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Health:

Health Center 0413 3509942 & 3509943	Santé 0413 2622803	Farewell 89038 36246
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Mental Health 24/7 Support:

Vandrevala Foundation +91 99996 66555

India Emergency Response Service (24/7): 108