

*Auroville*

# NEWS & NOTES

No 1069 - A weekly bulletin for residents of Auroville

3 April 2025

**RA EDITION**

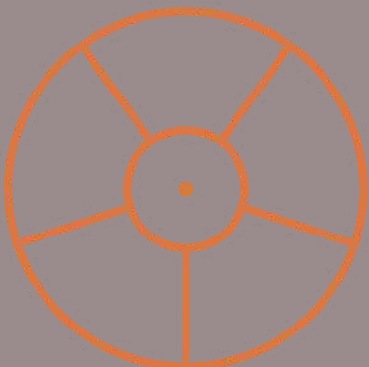


## PONDERING

An attempt is a small thing but it can be a promise for the future.

The Mother, General, Words of the Mother III

<https://motherandsriaurobindo.in/The-Mother/books/words-of-the-mother-III/#general-1>



# THE MOTHER ON AUROVILLE



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Pondicherry, India.  
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behalf of  
Vak Trust, Pondicherry - 605002  
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Pondicherry - 605001

## MONEY

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*What is the role of the United States with regard to the building of the new world?*

The work of the U.S.A. is to provide the financial help needed to prepare the earth for the new creation.

*What must the people of the United States do in order to begin to be able to fulfil this role?*

Become aware of those, individuals or organisations, capable of bringing about this transformation and give them the necessary money.

9.6.1968\*

\*

It is only when people feel that it is their good fortune to help Auroville grow that the funds will come abundantly.

December. 1969\*

\*

Give your money to the Divine work and you will be richer than you would be by keeping it.

1971

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## Cleanliness

To take pleasure in dirt and disorder is a sure sign of a nature which rejects its psychic being and wants nothing to do with it.

21.10.1972

\*

Cleanliness is the first indispensable step towards the supramental manifestation.

21.1.1973\*

\*

An absolute cleanliness is *indispensable* in this country and climate to avoid illness. Great precautions must be taken.

1971\*

*The city the earth needs.*



### Promise of Renewal

May ugliness disappear from the world. - The Mother

*Galanthus nivalis* L.  
'Viridapicis', Amaryllidaceae.  
Snowdrop, European snowdrop

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## Drugs

Drugs are prohibited in Auroville.

If there are any who take them, they do it deceitfully. The ideal Aurovilian, eager to become conscious of the Divine Consciousness, takes neither tobacco, nor alcohol, nor drugs.

1971

\*

*Is it true, Mother, that though you do not want drugs to be taken at Aspiration, you tolerate them on the other hand at the Centre or in other parts of Auroville?*

This is a lie.

I have said, *no drugs in Auroville*, and I do not go back on my word.

*Is it true that essentially you are not against the experience?*

This so-called experience warps the development and damages the consciousness; on the pathway to the Divine it is a fall into the rut.

This is clear, I think.

15.4.1971



# 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.

## RA NEWS & NOTES - A QUICK GUIDE



### What We Publish

- Working group announcements and reports
- Residents' voices and personal sharings
- Free cultural events open to all residents
- Information from essential services
- Content that strengthens community-building in Auroville

### Working Groups & Foundation Office Content

- All RA Working Group announcements will be included
- Links to Foundation Office content will be provided without duplication
- Direct submissions from Foundation Office groups will be included as regular content

### What We No Longer Publish

- Commercial activities and paid workshops
- Non-community-focused events
- Content from "Activities & Events," "Food, Goods & Services," and "Classes, Workshops and Healing Arts" sections

### Exceptions

We may consider including content that falls outside these guidelines if:

- It is submitted exclusively to RA News & Notes
- It has significant community benefit
- It aligns with our service-oriented focus

### Submission Guidelines

- Deadline: **Tuesdays at 5pm**
- Email: [newsandnotes@auroville.services](mailto:newsandnotes@auroville.services)
- Content must be community-building focused:
  - Open and accessible to all community members
  - Not profit-oriented
  - Contributing to collective growth or well-being
  - Promoting Auroville's ideals and values

• For further information, please [click here](#) 😊 to view our complete FAQ document.

• For past issues or to subscribe, visit: [auroville.media/newsandnotes](http://auroville.media/newsandnotes)

*We thank you for your collaboration and understanding.*

## 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](mailto: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:

- 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](mailto:@auroville.org.in) mail ID will only reach us if you use this [FORM](#) to submit your content.
- The mail ID to submit content is: [newsandnotes@auroville.services](mailto:newsandnotes@auroville.services)
- To request a **PRINTED COPY**, send us your name and community to our email!

**Thank you for your continued support!**

In community,  
*The RA Community Edition News & Notes Team*

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## WORKING GROUPS NEWS

### FROM THE WORKING COMMITTEE

#### EMERGENCY RAD REMINDER

Dear Community,

We have initiated an **Emergency Residents' Assembly Decision** (ERAD) on the 28th of March, which will run until the 6th of April at midnight.

We strongly urge all of the members of the Resident's Assembly to participate, whatever choice you make out of the options offered.

The RAD has been proposed to strengthen the Residents' Assembly by formally acknowledging its existing working groups, services, and other entities as ones created under Section 19 of the Foundation Act. This means these important groups would have a stronger legal framework, further enabling the Residents' Assembly to carry out its work.

To participate you can:

- Use the personalized link in the email sent to you by the Residents' Assembly Service.
- Visit the RAS at a polling station:
  - **THURSDAY (April 3rd)** @ Solar Kitchen: 11 am - 1 pm
  - **SATURDAY (April 5th)** @ PTPS Aspiration: 10 am - 1 pm
  - **SUNDAY (April 6th)** @ Solar Kitchen: 11 am - 1 pm

(If you have not received an email, you can write to [raservice@auroville.services](mailto:raservice@auroville.services) to register your current email)

Everyone is encouraged to participate. We are a community and taking part together in decision making is part of our collective work.

Please find here:

- Some [questions and answers](#) related to the RAD
- The [Section 19](#) of the Auroville Foundation Act 1988

#### The Working Committee of the Residents' Assembly

Aravinda, Bharathy, Chali, Maël (TOS), Matthieu, Prashant, Valli



### FROM THE ENTRY SERVICE

#### ES # 245 DATED: 31-03-2025

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](mailto:auroville.entryservice@gmail.com).

*We thank you in advance.*

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

## AUROVILIAN ANNOUNCED



- **Shabbar ALI (Indian)** staying in Future School Staff Quarters and working at Future School



- **Sandhiya GANAPATHY (Indian)** staying in Vibrance and working at Udavi School



- **Neha GANDHI (Indian)** staying in Creativity and working at Naturemmment



- **Rajkumar DEVARAJ (Indian)** staying in Djaima and working at Visitors Center



- **Yuvana JAYABALASAMY (Indian)** staying in Samasti and working at Melting Spot

## AUROVILIAN CONFIRMED

- **Kalpana RADHAKRISHNAN (Indian)**

## LEFT ON THEIR OWN

- **Lea SALENS (French)**
- **Damien SALENS (French)**
- **Ramesh MISHRA (Indian)**

## NOTE:

- A Newcomer becomes an 'Aurovilian' once his/her name has been confirmed by The Admission Committee (aka the Entry Board) after following due process.
- The date of becoming 'Aurovilian' is the date of confirmation. An Aurovilian 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 the court has made its ruling about Admission and Termination Regulations 2023, the meetings of Confirmed Aurovilians with the Secretary will be pending.



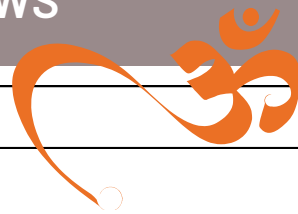
## FO GROUPS NEWS

(not selected by due Residents' Assembly process)

## FROM THE FO N&N 1072

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

# COMMUNITY NEWS



## OBITUARY

### REMEMBERING MERRY

Merry (Merrilyn Cook), born in Vermont, USA, passed away on Monday morning, the 31st March 2025. She was 85. She officially joined Auroville in 1999, but was already involved 10 years earlier. Here is how she is remembered by her friends and carers.



Merry, the mighty willed, brilliant and sweetest lady we know transitioned peacefully in Love and Light of The Mother.

At the young age of 50, a radiant and brilliant lady decided to live her truth and join Auroville. As an animal lover, she was soon visiting Anne at the dog shelter. As a music teacher, she harmonized the lives of countless students, sharing the universal language that brought joy and beauty to all. She expressed her kindness and love for children through teaching and caring for many animals over the years.

Though her dementia and severe hearing loss may have obscured memories and connections with others - her strong individuality, inherent sweetness and sincere aspiration for the Divine Mother shone through, touching the lives of everyone around her.

Those who may have feared her boldness would have missed the opportunity to experience the humor, generous spirit, warmth and kindness that lay beneath.

She always felt gratitude for her helpers. And expressed this in many ways, even on her very last day. Whenever she was sick and needed assistance she would reluctantly take it but then thank profusely those that helped her. She would say, "You girls spoil me. I dont need help", but then smile and be grateful.



She was not one to waste. She would not want for herself what others could use and was always generously giving away. She was a regular customer at La Terrace where she had lunch and read the newspapers, with a pen in hand to write her comments in the margins! Sometimes she asked her helper to offer her food to another whom she felt needed it.

We remember her life as a symphony of love, care, gratitude and music. Her melody and utmost gratitude to God never faded till her last moment.

*Raji, Deanna, Shakti, Shailey, Sarala, Suba, Vanitha, Arati, Uma, and Branwen (Merry's sister in Boston)*



A book that Merry wrote was published in Tamil and English, called "Merry's animal stories". Several copies are at Thamarai and the other schools.

## LITTLE NOTE FOR MERRY

We will miss you, Merry...  
La Terrasse will never be the same...

Mauna



## COMMUNITY SHARING

### EMERGENCY RESIDENTS' ASSEMBLY DECISION-MAKING PROCESS

### TO FORMALLY ACKNOWLEDGE RESIDENTS' ASSEMBLY ENTITIES AS SECTION 19 COMMITTEES UNDER THE AUROVILLE FOUNDATION ACT

28<sup>TH</sup> MARCH – 6<sup>TH</sup> APRIL 2025

Dear Residents,

This Emergency Residents' Assembly Decision (ERAD) is about formalizing the status of key entities within Auroville's governance framework to ensure their continued operation, funding, and recognition as legally acknowledged entities carrying out functions of the Residents' Assembly.

This ERAD has been initiated by the Working Committee of the Residents' Assembly (RA) (3.3 [RAD policy, 2023](#)).

#### PREAMBLE

All the entities listed below, besides the Exit Review Group, have been functioning for decades as 'Committees' of the Residents' Assembly of the Auroville Foundation and have presented their functions and work to many previous Governing Boards, which have recognized their existence and service.

For more details please refer to the Q&A [here >>>](#)

#### RESOLUTION

We resolve to formally acknowledge the following entities as 'Committees' of the Residents' Assembly created under Section 19 of [the Auroville Foundation Act](#):

- Auroville Council;
- Budget Coordination Committee (BCC);
- Entry Board/Service (aka Admission Committee);
- Exit Review Group (aka Termination Committee);
- Forest Group;
- Funds and Assets Management Committee of the Residents' Assembly (FAMC of the RA);
- Housing Board/Service;
- L'Avenir d'Auroville (RA TDC);
- Land Board;
- Project Coordination Group (PCG);
- Residents' Assembly Service (RAS)

These groups have been supported by collective funds generated by individual residents and income generating units of Auroville. Therefore, we further resolve that collective funds, including monthly contributions from individuals, shall be used to support the budgets of these groups and maintenances for their members.

#### PARTICIPATE ONLINE

Use your personalized voting link sent by the Residents' Assembly Service (RAS). If you didn't receive the link, please check spam or promotions folders. If still not there, kindly visit RAS polling stations.

#### PARTICIPATE IN PERSON

If you prefer to participate in person, please visit the RAS polling stations:

- ~~SATURDAY (March 29th) @ PTPS Aspiration: 10 am – 1 pm~~
- ~~SUNDAY (March 30th) @ Solar Kitchen: 11 am – 1 pm~~
- ~~TUESDAY (April 1st) - if you prefer a more private setting for voting, please contact us at [raservice@auroville.services](mailto:raservice@auroville.services) to arrange a time~~
- THURSDAY (April 3rd) @ Solar Kitchen: 11 am - 1 pm
- SATURDAY (April 5th) @ PTPS Aspiration: 10 am - 1 pm
- SUNDAY (April 6th) @ Solar Kitchen: 11 am - 1 pm

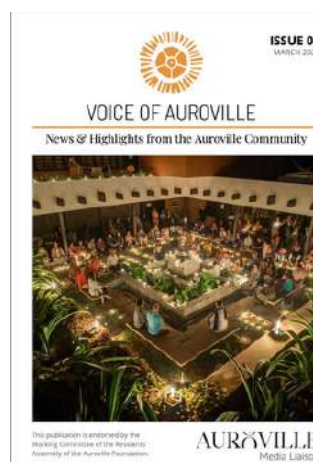
#### KINDLY NOTE:

NAMES AND CHOICES WILL REMAIN FULLY CONFIDENTIAL!

~ Best regards,

For the Residents' Assembly Service  
Avinash, Peter (TOS), Tatiana

### VOICE OF AUROVILLE - ISSUE 08 (MARCH 2025)



Dear community,

We hope this message finds you well.

We are happy to share with you the eighth issue of our quarterly journal, Voice of Auroville, which aims to inform well wishers and friends of Auroville across India and the globe on the current unfolding events with factual updates and articles.

As with previous issues, this eighth edition focuses on the crisis Auroville is going through,

reporting on events between November 2024 through February 2025. It also introduces the recently released AV Global Fellowship report 'Auroville in Crisis & the Way Forward', an in-depth analysis of the current disruptions to Auroville's functioning with recommendations towards effective resolutions.

- Please see the pdf attachment for the full edition, or download the pdf [here](#).
- In case you may have missed them, the earlier issues of Voice of Auroville are accessible [here](#).

Please feel free to forward and share this email with friends and well wishers of Auroville. This is how the news can spread and Auroville's voices can be heard. **Everyone's actions count.**

People who wish to be added to the subscribers list or be removed from it can email [voiceofauroville@auroville.services](mailto:voiceofauroville@auroville.services). Please also feel free to share any feedback or suggestions to [voiceofauroville@auroville.services](mailto:voiceofauroville@auroville.services).

As usual, we take this opportunity to express our gratitude to the *Voice of Auroville* editorial team, as well as to all those who provided us with contents and pictures to illustrate this issue. Thank you!

In community,

The RA Working Committee

Aravinda, Bharathy, Chali, Maël (TOS), Matthieu, Prashant, Valli



VOICE OF AUROVILLE



Scan QR code to  
read issue 08!

## SRI AUROBINDO'S ARRIVAL IN PONDICHERRY

FRIDAY 4 APRIL, MATRIMANDIR

**04.04.2025**

The Anniversary of Sri Aurobindo's arrival in Pondicherry in 1910

**Meditation under the Matrimandir Banyan tree**

**6:30 to 7am.**

Entrance from the Office Gate at 6:15am.

Guests are requested to bring along their Aurocards.

Last entry for guests at 6:30am.

Access limited for guests to the Banyan Tree

Last exit for guests at 7:15am.

**Aum!**

## AUROVILLE DOG SHELTER

### MONTHLY TRANSPARENCY REPORT MARCH 2025

#### Overview

- New admissions: 29 (451 since April 2023)
- Rabies confirmed case: 1 (2 rabies suspects)
- Adoptions and Releases: 13
- Vaccinations administered: 52
- ABC shelter dog sterilizations: 0
- Deworming: approx. 35



#### Donations and Update about Third-Party and CSR Donations

We are happy to report that finally, FAMC released ₹11.5 lakhs from a Donat kart fundraiser to the Unity Fund, which was held since December. This release was granted as a one-time waiver. However, the status of the remaining ₹10 lakhs from the fundraiser remains uncertain, as the FAMC has yet to establish a comprehensive policy regarding the acceptance of funds raised through third-party platforms like Donat kart. The absence of such a policy has left various Auroville units and projects in a state of uncertainty regarding much-needed funding. We are hopeful that FAMC will formulate clear guidelines in the near future to address these concerns and facilitate the secure and transparent receipt of third-party donations.

We are grateful that a blocked CSR donation of Rs. 5 lakhs has been released after agreeing to the policy that all MoUs, contracts, and agreements have to be verified by an auditor, green-lighted by FAMC, and signed by the AV Secretary or an authorized person. We have asked FAMC to be so kind as to prepare a sample MoU for CSR donations to avoid a lengthy process of trying to guess what the compliance requirements are. We are more than willing to be in full compliance with all required rules, laws, and regulations, but we need to have some information. We are hopeful that soon a unified standard can be found that will enable other units and projects to receive CSR donations while maintaining full compliance.

## Expenditures

- **Animal Food:** In March, we fed our dogs 1.8 tons of rice, 1.8 tons of chicken, and 750 eggs, supplemented with donated food items like vegetables and daal, which cost us approx. 1.1 lakh.
- **Staff Costs:** Total staff costs for this month for our workers, paid animal care staff, 1 veterinarian, and volunteers were approximately 1.1 lakh
- **Medical Costs:** As the donations were finally released, we were able to pay the overdue Rs 1.3 lakh invoice for medicines. As yearly vaccinations are already due, we will order vaccinations for our resident dogs.
- **Infrastructure Improvements:** Our 3 dog kennel containers have been completed with a sunroof and a ventilation system, and have expanded our capacity to house ABC dogs, rescue dogs, and puppies.

## Project "Sterilising 1000 Dogs in 1 Year" - restarted!

Due to the blockage of donations, we had to halt our sterilizations in March, which caused a huge backlog and a long waiting list. On March 31st, we were able to restart our sterilization project under the guidance of Dr. Sabari Stallz, an experienced surgeon with a record of 33,000 sterilizations. With the additional ABC space in our containers, we hope not only to meet the goal of 80 operations per month but also exceed it. We are asking for a minimum donation of Rs. 1500 for sterilizations, which is under our cost price. Please have your dogs and cats sterilized. Contact Shirley to be put on the waiting list: Shirley 63821 25635.

## New Cases of Animal Cruelty

Thanks to the fundraising efforts of Lore, we were able to install a CCTV camera system at the shelter. The following morning, we found 5 puppies inside the shelter. CCTV footage revealed that they had been thrown brutally over the fence by a young man while a child was watching. The Auroville Dog Shelter follows a ZERO TOLERANCE POLICY towards any



form of animal abuse, and we work closely together with the AV Police Station, which has filed a police complaint. Two days later, a local woman dumped another 5 puppies in horrible condition and barely alive, like they were trash. We urge everyone to report any case of animal cruelty to the police, as it seems to be the only way to make people understand that the suffering of animals will not be tolerated.

## Another Rabies Case

Despite having vaccinated over 1500 dogs and cats from August last year until February, the danger of rabies in Auroville is NOT over. This month, a puppy that had been roaming around with its siblings in the Solar Kitchen area has died of rabies, which had been confirmed through a test done by Mettupalayam College veterinarians and reported to the Department of Animal Husbandry. Auroville was declared last year as a rabies outbreak area. We ask everyone to be vigilant and get themselves or their pets vaccinated. We are offering free rabies vaccinations. For multi-virus vaccinations, we ask for a minimum donation for our cost price of Rs. 350.

## What to do if you find a Puppy on the Road?

We want to remind the Community that it is not the responsibility of the Auroville Dog Shelter to take care of and take in every puppy which had been picked up in the area. We are stretched over our limit with only Rs. 50,000 monthly budget and an old shelter that is

collapsing and totally overcrowded. After a recent case involving an Aurovillian who left a puppy he had picked up at the shelter, demanding that it is our responsibility to take care of it, we want to clarify that we have the responsibility to take care of our dogs, but are unable to take in any more. We have been fighting for 1.5 years to get more land and funds released to build a new shelter and are in a constant struggle for survival due to a lack of funds, volunteers, and an avalanche of bureaucratic hurdles.

*If you find a puppy on the road*, please do NOT automatically assume that it is abandoned and try to dump it in a shelter. Instead, provide a small cardboard box with clothes as a shelter, food, and water, and wait for the mother dog to show up. Usually, she does after a few hours, as she also has to find food for survival. The shelter is happy to vaccinate and check up dogs, but we cannot take in any more dogs. We simply lack the basic facilities and don't even have a quarantine facility.



We URGENTLY need to build a new shelter.

We ask Auroville Communities that have put a ban on dogs and animals in their community to reconsider their stance and allow the fostering of small puppies and kittens to relieve the enormous suffering. Please support our sterilization program, which is the ONLY way to reduce the dog populations and ensure health and safety for everyone. Please donate your time to become a volunteer, foster, or supporter of our shelter, or donate in-kind rice, cloth, building materials, or money to our FS 251391.

### New Auroville Dog Shelter Executive

After FAMC informed us that the appointment of our, as we had assumed, long-term executive Mar is not valid as she is not registered in the RoR, our team has decided to suggest Kay, who has been a long-time volunteer in our shelter and is known for her profound knowledge and love of horses and dogs, to become our second executive besides Tine after Joseba has resigned. The registration process through Service Trust Trustees has been initiated, and we are very happy to welcome her to our team! Mar will remain a close friend and supporter of our shelter.

We want to thank everyone who supported us in this difficult month, and we are looking forward to a prosperous April.

Auroville Dog Shelter Team  
Tine, Arthur

### 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](mailto:radio@auroville.org.in).

Explore more on:

[www.aurovillerradiotv.org](http://www.aurovillerradiotv.org)

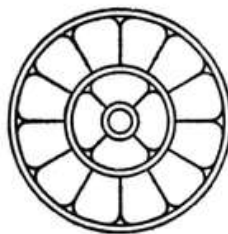
[www.youtube.com/@AurovilleRadioTV](https://www.youtube.com/@AurovilleRadioTV)

Follow us for more updates!

Looking forward to hearing your ideas!

Regards,  
Auroville RadioTV Team

### 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](mailto: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 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://auromira.net/>. The developer team can be reached via [feedback@auromira.net](mailto:feedback@auromira.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](mailto: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](http://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*

### THE GREAT GURU OF AUROZ – PART I

One dark and windy night at the Youth Centre, young Dorothy is swept away by a cyclonic JCB to the magical land of Auroz. Amidst the chaos, the erratic and clumsy JCB topples the Enchantress of Organic Growth—beloved by many and feared by the Clueless Construction Crew. All that remains of her are the ruby mud slippers, which Dorothy gingerly slips on.



Lost and confused, she must look like a tourist, for the grey-clad Munchkins approach her with caution. After some questioning, they realise she is simply trying to find her way home. “Follow the Grey Slab Road and its

Pinterest Projects all the way to the City,” they instruct. “Ask the Great Guru of Auroz for help—yes, yes, they have the answer to everything!”

As she sets off down the Grey Slab Road, Dorothy mutters, “Huh? Pinterest Project?” Then, to her left, she spots an open space—fully paved and packed with people. They're busy buzzing around: fruits and vegetables, incense sticks, brand-new clothes, second-hand ones and even books!

She steps onto the paved parking area and tries to talk to one person, then another, but everyone whizzes past as if they've broken the sound barrier. At last, a passer-by gestures towards the Broken Clockmaker. “Time is money! Time is broken! Time to rush!”

The Broken Clockmaker, obsessed with fixing time, is a haughty hoarder—blue baskets, sheer sheets, and perfect pavers clutter every corner. Straight out of a DIY landscaping magazine, these pavers stretch across pathways, parking lots, and plazas. Dorothy spins in circles, bumping into hurried strangers. There are people and pavers everywhere; she needs to get out!

In a panic, she jumps across the Cow Gate Bridge, finally escaping this whirlwind and back on the Grey Slab Road.

*(next episode in a week!)*

## PRIME OBJECTIVE

No mere human being  
However wise and powerful  
Can bring peace on Earth  
In a physical body still mortal.

All these mortal limitations  
And painful annihilations  
Are not just woeful lessons  
But direct impulses  
For Something else.

Thus the rationale of the Avatars' Auroville  
The City of Dawn of a being Supramental,  
Where conscious preparatory works  
To hasten the advent of the new apex species  
Is the [Prime Objective](#)<sup>1</sup> of the collective action.

For True Aurovilians man is transitional  
To be superseded by a being immortal  
With a body of Divine Light mutable  
Endowed with the Direct Divine Willpower  
Over its awakened glorious Matter.

In the hastening evolution of consciousness  
And life on playing field Earth the marvellous  
Coming very soon

The Life Divine.

1. <https://zechjoya.blogspot.com/2025/03/ultimate-aim.html>



Note: for readers of the printed version,  
please scan the QR Code or type the  
weblinks on your browser

ॐ Zech

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

## FOOD FOR THOUGHT

“When a clown  
moves into a palace,  
he doesn't become a  
king. The palace  
becomes a circus.”  
- Turkish Proverb



## FRENCH NEWS & NOTES

NOUVELLES D'AUROVILLE



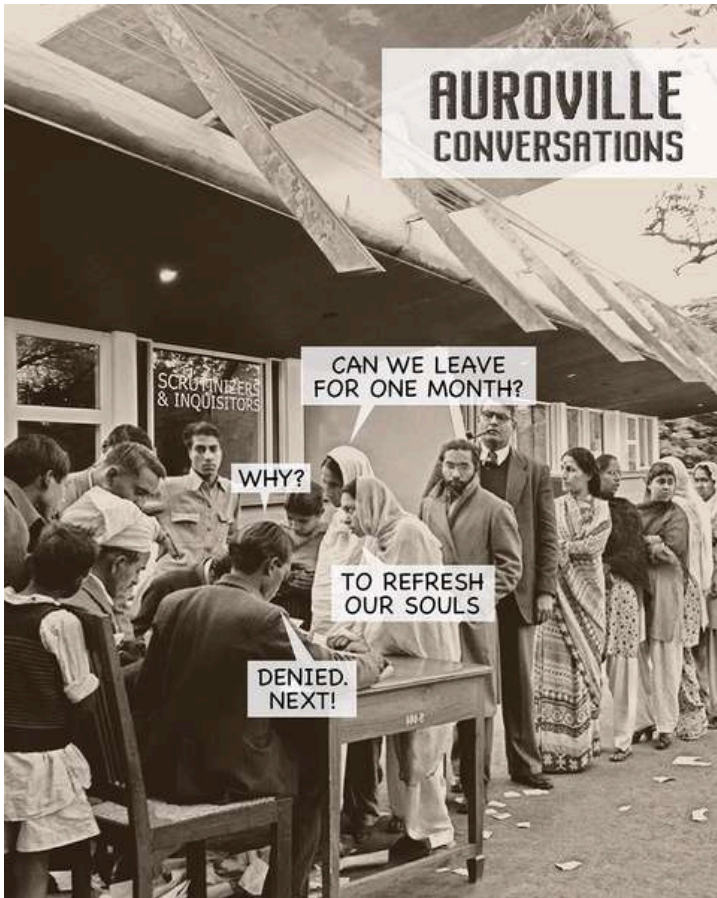
Auro - Traductions

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



## AUROVILLE CONVERSATIONS

### AUROVILLE CONVERSATIONS



Submitted by an Aurovillian

## INNER JOURNEY

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

Tuesday 8th April, 9 am - 12 noon  
Focus: Self-mastery

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 6:00 to 6:30pm

(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, tablets, cell phones, etc. No photos.

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

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

Guests are requested to bring along their Aurocards.

Last entry for guests at 6:00pm.

Access limited for guests to the Amphitheatre

Last exit for guests at 6:45pm.

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](https://www.instagram.com/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](http://www.dhamma.org)) and who is 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 to Laure.
- **Contact:** Laure - Ph: 88074 34864 or WhatsApp +33 6 95 65 11 35



# ANNOUNCEMENTS

## ECO FEMME - OPEN HOUSE

EVERY THURSDAY, AUROSHILPAM



**eco femme**

**Come learn about:**

- Sustainable products like cloth pads, menstrual cups, period panties and cloth nappies
- Menstrual cycle awareness
- Ethical business in a women-led social enterprise
- Our not-for-profit menstrual health education

**EVERYONE IS WELCOME.**  
Every Thursday, 10:30am - 12:00pm  
P.S. You can pick up all our eco-friendly products at a discount!



Eco Femme Office  
Auroshilpam, Auroville  
ecofemme.org | WA +91 94871 79556

## THE INNER WAY SCHOOL AUROVILLE - TAI CHI

DAILY CLASSES

Daily classes of Tai Chi Chuan and Chi (Stevanovitch Method) are offered at 7.30am.

Drop ins are welcome.

More Info: [taichi@auroville.org.in](mailto:taichi@auroville.org.in)



## KNOW YOUR GREENS 1.2

7-9 APRIL, AV BOTANICAL GARDEN



**Know your greens 1.2**

Species identification of Tropical dry evergreen forest

Last date to register: 30TH MARCH'25

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](mailto:ecologicalhorticulturecourse@gmail.com)

## 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 Aurovilian 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

## GREEN DAY

FRIDAY 4 APRIL, YOUTH CENTER



COME AND CELEBRATE OUR PRECIOUS ENVIRONMENT AND EMPOWER THE YOUTH. LET'S BUILD A GREENER FUTURE TOGETHER!

3pm @ 10 pm

FRIDAY APRIL 4<sup>th</sup> YOUTH CENTER

**GREEN DAY**

## GREENRIDE CYCLES EVENTS

SUNDAY 6 APRIL

1. Fun Ride for Kids - 10km
2. XCT Cross country race - 8km (above 12 years old)

**FREE REGISTRATION :**

<https://forms.gle/G4fNNFmxzas8UJQo6>

Last date for the Registration : **04.04.2025 @ 06.00pm**



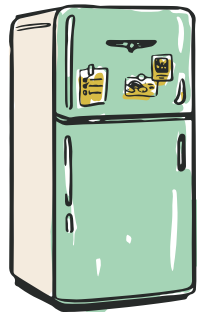
**READY TO RIDE?**  
JOIN US FOR THE **FUN RIDE - 10 KM**  
**KIDS BELOW 12 YEARS OLD**



APRIL 06<sup>th</sup>, 2025  
LOCATION : SOLAR KITCHEN, AUROVILLE  
06.30 am - 09.30 am  
**REGISTER NOW & BE PART OF THE RIDE!**  
+91 94430 74825  
[greenridecycles@gmail.com](mailto:greenridecycles@gmail.com)







### FRIDGE NEEDED

Matrimandir is looking for a used and working fridge to help out with the project of seed collection and preservation.

If you have a fridge to offer please contact us at [matrimandir@auroville.org.in](mailto:matrimandir@auroville.org.in), or call John at 75981 04644.

Thank you very much!

### SUPPORT NEEDED

#### NEED OF ANUSUYA FOREST COMMUNITY

Anusuya Forest is one of the few remaining communities that uses a windmill to pump water. We have 5 households and, since our water requirements have remained minimal, we still pump from the first aquifer.

During the cyclone in December, our windmill suffered major damage and we owe a large amount (87,834/-) to Aureka.

We would be very grateful for contributions towards this.

If you can help, please contact [anusuyaforest@gmail.com](mailto:anusuyaforest@gmail.com).



### LOOKING FOR

#### TAXI SHARE

1- WEDNESDAY 9 APRIL

Wednesday 9th April to Chennai Airport International ... departure evening around 7:30 pm.  
+91 89405 67857 [sigapro@web.de](mailto:sigapro@web.de)  
Thanks.



2- WEDNESDAY 9 APRIL

Anyone interested to share a taxi to Aravind Eye Hospital on Wednesday 9th April morning, leave a message with ITS +91 80987 76644 "Aravind Taxi Share".

thanks,  
Isha

#### AN ART STUDIO

I am Dom, looking for a studio to rent for my artistic practice.

The one I am renting now in Bharat Nivas

is less and less usable because of the flood of tourists all around, and the relative noise.

The space I'm looking for doesn't need to be in particularly good condition.

I am very silent and also I would like to have silence around.

I need water and electricity inside, and the minimum size should be 40 square meters.

If you hear of anything like that, please let me know.

Thank you. [ade.jacques65@gmail.com](mailto:ade.jacques65@gmail.com)



#### 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

#### CO-MANAGER POSITION AT CRIPA (AUROVILIAN OR NEWCOMER)



CRIPA is a rehearsal space and the first phase of a performing arts center located in Kalabhumi. We are dedicated to providing space for rehearsals, classes, workshops, and performances in music, theater, and dance. Our mission is to offer the community—and artists in particular—a place to work, research, and collaborate in these three artistic domains.

Currently, the manager oversees scheduling, coordinates with artists, manages performances, and ensures the upkeep and improvement of the building. The team also includes two executives, a cleaning staff member, and a watchman.

We are seeking a part-time Co-Manager to help manage the accounts, help with maintenance tasks, and be present at the entrance during performances.

## Key Responsibilities:

- Manage accounts and financial records
- Communicate with Saiier
- Supervise the watchman and cleaning staff, ensuring timely salary payments and managing their responsibilities
- Assist with general repairs and maintenance of the building
- Help with performance preparations, including assisting the manager in setting up (but not the primary responsibility)
- Greet the audience at the entrance during performances and remain available for support throughout the event.

## Qualifications and Skills:

- Previous experience in management or administration (preferred but not required)
- Basic knowledge of Tamil (helpful)
- Good command of written and spoken English
- Greet the audience at the entrance during performances and remain available for support throughout the event.

## Benefits:

- Half maintenance covered by BCC (includes health fund, lunch scheme, and half of the Auroville contribution)
- Flexible working hours, with fixed weekly team meeting and fixed performance times (2-3 times a week, usually on weekends).

## Location:

 CRIPA, Kalabhumi

To apply, please send an email to [cripa@auroville.org.in](mailto:cripa@auroville.org.in) with a brief introduction about yourself.

We look forward to hearing from you!

## ECO FEMME IS LOOKING FOR A SALES TEAM LEAD!

Would you like to join our Sales team, as Team lead? We are looking for a full-time member.

### Skills and experience required:

- Proven ability to inspire, lead, and manage a team while balancing strategy, execution, and continuous improvement.
- Strong team player, able to work effectively with cross-functional leaders and departments.
- A strategic thinker who is motivated by achieving goals and delivering exceptional outcomes.
- Ability to find innovative solutions and adapt to evolving challenges.
- Proficiency in data analysis to inform decisions and drive sales strategy.
- Comfortable with Google Workspace and its suite of tools.

We are based in Auroshilpam. Starting date: Immediate.

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

## ECO FEMME IS LOOKING FOR AN INTERNATIONAL SALES COORDINATOR!

Would you like to join our Sales team, working with International retail customers? We are looking for a full-time member.

### Skills and experience required:

- Proven experience in sales coordination or a related field.
- Competent written and verbal English communication skills with a dash of creativity
- Proficiency in Google Workspace, specifically Google Sheets, Docs, and Slides.
- Ability to speak other languages, specifically European languages, is a plus.

We are based in Auroshilpam. Starting date: Immediate.

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

hearing from you!

eco • femme

"Revaluing menstruation: because Life depends on it"

## 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](mailto: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.

#### 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)



#### Thai Yoga Bodywork with Andres

- Contact: +91 97516 07501

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

#### Ayurvedic Massage with Elene

- Contact: +91 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 Louise, these circles provide a nurturing environment where women can explore their personal growth, creativity, and shared experiences. Every new moon and full moon.

#### 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.





**NEW SESSIONS!**

**AMA Massage with Angela**

- **Contact (whatsapp only) :** +33 750604028

A seated acupressure massage combining rhythmic thumb pressure, stretching, and percussions on specific energy points (tsubos). Promotes relaxation and revitalization. Duration: 20-30 min (clothed, on an AMA chair).

**Swedish Oil Massage with Angela**

- **Contact (whatsapp only) :** +33 750604028

A deeply relaxing full-body massage that relieves pain, improves sleep, reduces stress and muscle tension, and boosts the immune system. Duration: 60 or 90 min.

**WORKSHOPS**

**JIVA AUROVILLE -  
YOUR JOURNEY IN HEALING AND TRANSFORMATION**



A platform of Auroville therapists [www.auroville-jiva.com](http://www.auroville-jiva.com)

**Core team:** Sigrid, Mirrabelle and Sandrya

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

**Upcoming Workshops**

- ~~“Transforming Trauma” 29 - 30 March with Sigrid~~
- 5 day workshop “JIVA Breathwork” **6 - 10th April** with Sigrid

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

[Contact@auroville-jiva.com](mailto:Contact@auroville-jiva.com), WA 96260 06961

All info via [www.auroville-jiva.com](http://www.auroville-jiva.com)

Insta [https://www.instagram.com/jiva\\_auroville\\_2023/](https://www.instagram.com/jiva_auroville_2023/)

**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](mailto: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

## PHOTO CIRCLE

FRIDAY 4 APRIL, CENTRE D'ART MULTIMEDIA ROOM

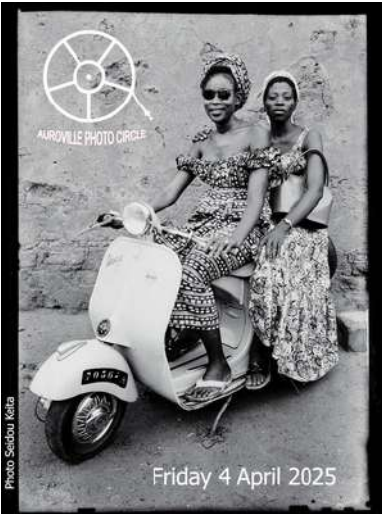


Photo Circle meets again on **Friday 4 April at 5pm** in the **Centre d'Art multimedia room, at Citadines.**

The Photocircle brings together Auroville's photographers.

We share our own work, we show the work of global photographers we admire, discuss the history of photography, and share techniques.

Anyone can also bring and screen a small selection of images.

### With Fresh Coconut!

This time we present:

- Pongal Festival 2025 in Kottakarai Village - slideshow by Jean Francois
- Seidou Keita, the most famous African photographer of the 20th century - Doc 13' min.
- Auroville Early Days 1969-1976 - slideshow by Lisbeth
- A Day of Street Photography with Jonathan Jasberg - Doc 14' min.
- Diaspora, slideshow by Marco.

Everybody is welcome.

## 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**

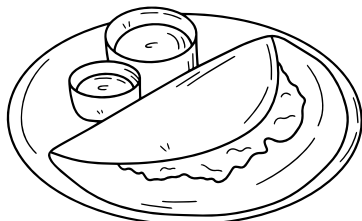
**French Pavilion, opposite the Visitors' Center**

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

## FOOD

### ORGANIC RED RICE PAPER DOSAS @ RIGHT PATH CAFE

**ORGANIC RED RICE PAPER DOSAS** are now available every evening except Mondays at **THE RIGHT PATH CAFE CAFETERIA VISITORS CENTRE.**



**Come and enjoy our variety of delicious organic dosas!**

## 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](http://www.myfoodforest.in)

whatsapp text Sarah 9047421044

## EXHIBITIONS

### TREES - THEIR OUTER GARMENT, PHOTO EXHIBITION

BY TIM, 1 - 22 APRIL, PITANGA

Trees - their outer garment

Photo Exhibition  
by Tim

April 1 - 22, 2025  
at Pitanga

Exhibition timings: Daily, except Sundays 8.00 - 12.30pm & 2.00 - 5.30pm  
Pitanga Cultural Centre, Samasti, Auroville 505 101 | [info@pitanga.in](mailto:info@pitanga.in) | 0413 - 262403, 9443902403  
A service unit of the Auroville Foundation, Health and Healing Trust Branch | GSTIN: 33AAATA00378Y3M





# TALES OF PUDUCHERRY - ONE MAN PAINTING SHOW

BY R.RAJENDRAN

20 MARCH ONWARDS, AUROVILLE LIBRARY

## TALES OF PUDUCHERRY

ONE MAN PAINTING SHOW

BY

R.RAJENDRAN

Inauguration On 20.03.25 Onwards, Thursday Time : 10 Am

Venue: Auroville Library, Auroville



R. Rajendran, Artist Hailing From The Picturesque Town Of Pondicherry. Known For His Evocative And Mesmerizing Paintings, Rajendran's Work Captures The Essence And Tales Of Puducherry's Rich Cultural Heritage. His One-man Painting Show, "Tales Of Puducherry," Is A Testament To His Unparalleled Talent And Dedication To The Arts. The Exhibition Will Be Inaugurated On 20 March 2025 @ 10am celebrating Art And Social Change artist R. Rajendran Has Seamlessly Merged His Artistic Prowess With His Passion For Social Causes. From Campaigns Like Save Nature For The International Day For The Preservation Of Ozone Layer To The My Dream My India For National Youth Day, His Commitment Shines Through. Notable Projects Include The Climate Change And Clean India Campaign With A 366-day Painting Exhibition rajendran's Dedication To Spreading Awareness Through Art Is Truly Inspiring And Transformative

MON- SAT : 9 TO 12.30 , MON, WED, THU, FRI, SAT : 2- 4.30 PM, TUE 4- 6.30PM.

## POETRY

### Grace is Possible

23.12.2023

I see a scampering in the trees  
Accomplished with facility  
And see the movement of the bees  
Aligned in perfect harmony.

Will men of earth find oneness here  
Among the vast inequity,  
Will humanity overcome its fear  
Of evil's attempted dynasty

Or is it possible that man may go  
The way of dinosaurs who were replaced  
And in his thoughtless ignorance show  
His arrogance of soul defaced.

Yet Grace is possible, has always been  
And man may change this sordid scene.

*Narad*

Her first contact  
With water was  
Timidly tentative.

Warm water  
Embraces and emboldens,  
Drowning all her fears,  
Leaving no escape  
From a fluid flight  
In a heart  
Grounded  
Diving deep  
To soar so high.

*Anandi Z*

### The Color Designs on Auroville

by Donny Duke

It's a community in pieces.  
The mourning this shows,  
a project put asunder  
by let's do the project my way.  
So many sympathies  
you can't fight.  
We all feel it,  
and it's dragging in a poem  
that blisters eve  
because there's nothing wrong here, eh?  
It's all going according to plan.  
Then why am I in danger for speaking the truth?  
Then why am I in trouble for writing a heartfelt poem?  
Can we all just acknowledge the pain?

## AUROVILLE RADIO



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

### Last published podcasts:

- [Savitri - Ep.4 : Introductory Comments in Tamil | சாவித்ரி காவியம் ஓர் அறிமுக விளக்கம் by Dhanalakshmi \(Spirituality\)](#)
- [The Bases of Spiritual Life by Alok Pandey \(Spirituality\)](#)
- [Soul Tracks S.6, Ep.12: More musical meanderings. \(Music\)](#)
- [Cosmic Inner Weather Report - Ep. 5: Breathe in the air, don't be afraid to care. \(Conversations\)](#)
- [Shakthi aspect in Sri Aurobindo's Savitri \(Sri Aurobindo\)](#)
- [Exploring Education in Arts, Animation and Film-making - Ep. 47 - "Drawing in Time" \(Arts & Culture\)](#)
- [Une série hebdomadaire de lectures par Gangalakshmi - Ep.486 \(Integral Yoga\)](#)

### Last Youtube Video:

- [Seeking Our Inner Being Group Discussion in French - EP.4](#)
- [Jazz 4tet Concert - Live at CRIPA, Auroville | Full Video](#)

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

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

Peace and love

Regards,  
Sai Priya for Auroville RadioTV







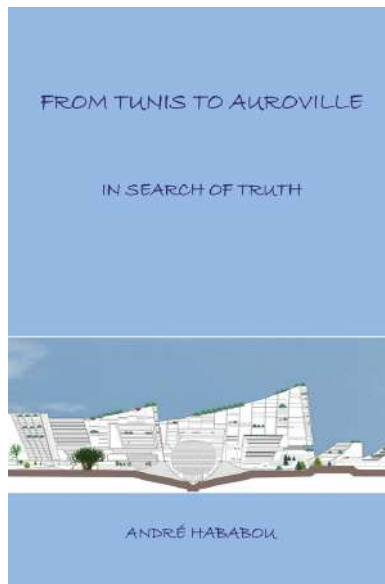
## FOR THE BOOKWORMS

### FROM TUNIS TO AUROVILLE, IN SEARCH OF TRUTH

AUTOBIOGRAPHY BY ANDRÉ HABABOU

Auroville Press wants to inform you that an autobiography by André Hababou (previously published in French) is now available in English under the title : *From Tunis to Auroville, In search of truth.*

Andre recounts his first years in Tunisia, the antisemitism that was prevalent at the time, his difficult transplantation to France, his sensation of never being at home anywhere and, finally his discovery of Auroville which will become his true home for the rest of his life.



Available at the Visitors Center library.

## 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

**JAZZ**

**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](mailto:monicayouthlink@gmail.com) for questions

## CINEMA



### ATTENTION

## AUROFILM'S SCREENINGS IN APRIL - NEW VENUE AND TIMING!!!

Dear film lovers, we inform you that in the upcoming months from April to June, Aurofilm will not screen its Friday movies at the MMC auditorium/Cinema Paradiso. We hope to return in July after the summer!

**However, during the month of April, we will be screening the Friday's films at our Studio in Kalabhum, next to CRIPA. And we will start at 7:30pm.**

We hope to raise enough financial support to continue promoting the best values of Cinema as a service to the community!

Therefore, Aurofilm is happy to announce that it has been accepted as an AVI USA partner. Here we are sharing the link to support us. You can consider becoming a monthly supporter! <https://give.aviusa.org/page/AuroFilm>

Or, you can make your contribution through our financial collection account number **252658.**

We look forward to seeing you at our studio in Kalabhum!

Very welcome!

Friday 4th April at 7:30 pm

**“Scarecrow”**

Directed by **Jerry Schatzberg**, USA, 1973

With: Gene Hackman, Al Pacino, Dorothy Tristan

**GENE HACKMAN AL PACINO**



In memory of the great actor Gene Hackman who passed away recently, considered one of the greatest actors of his generation and a paragon of the New Hollywood movement. Aurofilm pays tribute to him with the screening of one of his films from the 1970s.

*Synopsis:* This is a classic road film from the 1970s. The film follows the journey of two drifters, Max (Gene Hackman) and Lionel (Al Pacino), as they travel across

the American Midwest in search of a better life. As they travel together, they face many challenges and share their personal struggles. Despite their differences, they form a deep friendship.

Both Hackman and Pacino deliver powerful performances, bringing to life the struggles of ordinary people and their pursuit of a better future.

The film's powerful storytelling and performances earned it the prestigious Grand Prix du Festival International du Film (now known as the Palme d'Or) at the 1973 Cannes Film Festival, marking it as one of the standout films of the year.

*Original version in English with English Subtitles. Duration: 1h52'*

Friday 11th April at 7:30 pm

**“4 MONTHS, 3 WEEKS AND 2 DAYS”** (Original title: 4 luni, 3 saptamâni si 2 zile)

Directed by **Cristian Mungiu**, Romania, 2007

With: Anamaria Marinca, Laura Vasiliu, Vlad Ivanov



*Synopsis:* In Communist Romania, two university friends, Otilia and Gabita, navigate a dangerous journey to obtain an illegal abortion. As Otilia sacrifices everything for Gabita, the film explores themes of courage, and sacrifice. The film powerfully highlights the emotional and moral dilemmas faced by women in a repressive society. Through the lens of their friendship, it exposes the brutal realities of living under oppressive regimes and the lengths people go to fight for their rights.

The film won three awards at the 2007 Cannes Film Festival, including the Palme d'Or.

*Original English, Romanian and Serbian with English subtitles. Duration : 1h53'*

Friday 18th April at 7:30 pm

**“THE HOLY INNOCENTS”** (Original title: Los Santos Inocentes)

Directed by **Mario Camus**, Spain, 1984

With: Alfredo Landa, Francisco Rabal, Terele Pávez, Agustín González, Juan Diego



*Synopsis :* Set in rural Spain, the movie tells the story of Paco, a poor farm worker, and his family as they endure the oppressive and dehumanizing control of the aristocratic landowners they serve. Through the experiences of Paco and his family, the film explores the brutal class divisions and the exploitation of the lower class in a stagnant, rigid social system. The poignant performances and vivid storytelling bring to life the

struggles of those who are forced to endure inequality, highlighting themes of power, submission, and dignity. The movie won in 1984 the Cannes Jury Prize as it is a see for its powerful depiction of social injustice and its unforgettable portrayal of human endurance.

*Original Spanish with English subtitles. Duration : 1h43'*

Friday 25th April at 7:30 pm

**“THE VIRGIN SPRING”** (Original title: Jungfrukällan)

Directed by **Ingmar Bergman**, Sweden, 1960

With: Max von Sydow, Birgitta Valberg, Gunnel Lindblom, Birgitta Pettersson



*Synopsis:* Set in medieval Sweden, The Virgin Spring tells the harrowing tale of a young woman, Karin, who is brutally attacked and murdered while on her way to church. Her parents, devastated by the loss, unknowingly take in the three men responsible for her death, leading to a shocking and tragic confrontation. Director Ingmar Bergman weaves a tale of revenge, faith, and the search for justice, exploring the themes of innocence, guilt, and the

complexities of human morality. The film won the Academy Award for Best Foreign Language Film as it is a must-see for its masterful storytelling and unforgettable exploration of vengeance and moral conflict.

**The film will be introduced by Dr. Alexander Pereverzev!**

*Original German, Swedish, Serbian version with English subtitles. Duration: 1h29'*

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



# Cinema Paradiso

## Multimedia Center (MMC) Auditorium

Film program: 7th - 13th April 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.

### INDIAN – MONDAY 7 APRIL, 8:00 PM:

#### • VANVAAS (EXILE)

India, 2024, Dir. Anil Sharma w/ Nana Patekar, Ashwini Kalsekar, Siratt Kaur Randhawa, and others, Action-Drama, 160mins, Hindi w/ English subtitles, Rated: NR (PG-13)

The story follows Mukesh, an elderly man struggling with dementia, as his condition begins to strain his relationships with his children—Sanjay, the pragmatic eldest son, and Aarti, his compassionate but overwhelmed daughter. As they navigate the complexities of caregiving, painful memories resurface, forcing the family to confront long-buried emotions. Their journey is one of love, duty, and resilience, revealing the profound weight of memory loss. *An acclaimed film!*

### POTPOURRI – TUESDAY 8 APRIL, 8:00 PM:

#### • LES VISITEURS (THE VISITORS)

France, 1993, Dir. Jean-Marie Poiré w/ Christian Clavier, Jean Reno, Valérie Lemercier, and others, Satire-Fantasy, 107mins, French-German-English w/ English subtitles, Rated: R

A medieval knight and his loyal squire are accidentally transported to the 20th century due to a spell gone wrong. Struggling to navigate modern life, they seek help from their descendants to find a way back to their own time. Chaos ensues as they clash with contemporary society, leading to hilarious misunderstandings and unexpected revelations.

### SELECTION – WEDNESDAY 9 APRIL, 8:00 PM:

#### • AVATAR: THE WAY OF WATER

USA, 2022, Writer-Dir. James Cameron w/ Sam Worthington, Zoe Saldana, Sigourney Weaver, and others, Fantasy-SciFi, 192mins, English w/ English subtitles, Rated: PG-13

On a distant moon, a former soldier and his family seek refuge among an oceanic clan, learning their traditions and forming deep bonds. But their peaceful existence is shattered when an old enemy returns, threatening their new home. As battles rage across land and sea, they must unite with their allies, harnessing the power of the ocean to protect their world and preserve their way of life.

### INTERESTING – THURSDAY 10 APRIL, 8:00 PM:

#### • THE COMMANDANT'S SHADOW

USA-Israel-Poland-UK-Germany, Writer-Dir. Daniela Volker w/ Hans-Jürgen Höss, Anita Lasker-Wallfisch, Adolf Hitler, and others, Documentary-History, 103mins, English-German w/ English subtitles, Rated: PG-13

Hans-Jürgen, the son of a notorious Auschwitz commandant, confronts his father's dark legacy decades later. As he meets Holocaust survivor Anita, their conversation unearths painful truths, forcing him to reconcile personal history with the horrors of the past. The film explores inherited guilt, moral reckoning, and the weight of memory in shaping identity across generations.

### INTERNATIONAL – SATURDAY 12 APRIL, 8:00 PM:

#### • KEYKE MAHBOOBE MAN (MY FAVORITE CAKE)

Iran-France-Sweden-Germany, 2024, Writer-Dir. Maryam Moghadam & Behtash Sanaeeha w/ Lili Farhadpour, Esmaeel Mehrabi, Mansoore Ilkhani, and others, Comedy-Drama, 97mins, Persian w/ English subtitles, Rated: NR (PG)

Mahin, a seventy-year-old woman, has spent years in solitude, resigned to the quiet rhythms of her daily life. But when she unexpectedly meets Faramarz, a charming and thoughtful man, an ordinary evening turns into something unforgettable. As they navigate companionship, longing, and the constraints of their society, Mahin dares to embrace the possibility of love once more.

### CHILDREN'S MATINÉE – SUNDAY 13 APRIL, 4:00 PM:

#### • FERNGULLY: THE LAST RAINFOREST

Australia-USA, 1992, Dir. Bill Kroyer w/ Samantha Mathis, Christian Slater, Robin Williams, and others, Animation-Adventure, 76mins, English, Rated: G

Crysta is a fairy who lives in FernGully, a rainforest, and has never seen a human before. When a logging company comes near the rainforest, she sees humans, and even accidentally shrinks one of them: a boy named Zak. Now her size, Zak sees the damage that the company does and helps Crysta to stop them, and an evil entity named Hexxus, who feeds off pollution.

### JACK NICHOLSON FILM FESTIVAL @ CINÉ-CLUB

#### CINÉ-CLUB SUNDAY 13 APRIL, 8:00 PM:

#### • SOMETHING'S GOTTA GIVE

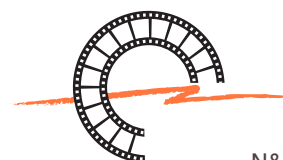
USA, 2003, Dir. Nancy Meyers, w/ Jack Nicholson, Diane Keaton and Others, 128 mins, English w/ English subtitles, Rated: PG.

Harry Sanborn is an aged music industry exec with a fondness for younger women like Marin, his latest trophy girlfriend. Things get a little awkward when Harry suffers a heart attack at the home of Marin's mother Erica. Left in the care of Erica and his doctor, a love triangle starts to take shape.

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

To organize a seminar/program at MMC kindly email us at [mmcauditorium@auroville.org.in](mailto:mmcauditorium@auroville.org.in). Our projector is crawling towards the end of its life, making us 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](mailto:mmcauditorium@auroville.org.in)





# COMMUNITY SERVICES

## ESSENTIAL SERVICES

### AUROVILLE'S FINANCIAL SERVICES (AVFS)

- **Timings:** Monday to Saturday, 9am - 12:30pm, and 3pm - 4:30pm
- **Phone:** 0413 2622171
- **Email:** [financialservice@auroville.org.in](mailto: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 for clarifications reg. electricity bills, job and repair works bills
- **Email:** [aves@auroville.org.in](mailto:aves@auroville.org.in)

### GAS BOTTLE SERVICE

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

### ECO SERVICE (WASTE COLLECTION/MANAGEMENT)

- **Timings:** Monday to Saturday, 8:30am - 12:30pm, and 1:30pm - 4:30pm
- **Phone:** 63796 69034
- **Email:** [ecoservice@auroville.org.in](mailto:ecoservice@auroville.org.in)

### POUR TOUS DISTRIBUTION CENTRE (PTDC)

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

### POUR TOUS PURCHASING SERVICE (PTPS)

- **Timings:** Monday to Saturday, 8:30 am - 5pm
- **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** from 10am to 11am.



Do good for the love of good and not in hope of a reward.

Be good for the joy of being good and not for the gratefulness of others.

The Mother

## HEALTH

### SANTÉ SERVICES IN APRIL 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.

<b>Doctor Consultation with Dr. Gunashree &amp; Dr. Sana:</b> Monday to Saturday	<b>Nurse Care - Thilagam, Ezhil, Archana &amp; Sandhya:</b> Daily: no appointment needed
<b>Ayurveda with Dr. Berengere:</b> Mon (classes*) / Tue / Wed / Fri	<b>Integrative Psychotherapy with Juan Andres:</b> Monday to Friday
<b>Physiotherapy &amp; Massage with Galina:</b> Monday to Friday	<b>Homeopathy with Michael:</b> Monday / Wednesday / Saturday
<b>Midwifery &amp; GYN Care with Paula:</b> As per availability	<b>Soundbed Session with Sandhya / Thilagam:</b> Monday to Saturday
<b>Bio-Well Assessment (Evaluation of your well-being) with Helena – email <a href="mailto:adminsante@auroville.org.in">adminsante@auroville.org.in</a></b>	

#### \*Ayurveda Classes:

2:00pm – basic principles of Ayurveda

3:30pm – reading of Ashtanga Hrudaya (one of the 3 main literature on Ayurveda)

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

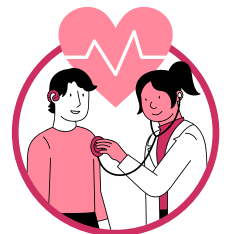
**Contact:** (0413) 3509942 / 3509943

#### 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](mailto:aurodentalcentre@auroville.org.in)

## 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](mailto:madhiazhagan014@gmail.com)

## TIME TO SUMMERNATE

### AYURVEDA HEALTHY TIPS



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

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

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

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

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

- Favorable taste: Bitter taste, Sweet taste (to take moderately in case of diabetes and high triglycerides). Salty taste should be taken reasonably.
- Drink water stored in earthen pot.
- Raw food/salads are taken at lunch mainly.
- Proteins: mungdal, chickpeas, beans, sprouts, nuts and seeds, non-veg: white meat, fish, seashell, dairies for breakfast or lunch, eggs.

- Cereals for energy: jasmine rice, barley, red rice, millet (fermented ragi).
- Vegetables: pumpkin, bittergourd, bottlegourd, snakegourd, ashgourd, cucumber (taken separately), salads, green leafy vegetables, broccoli, cabbage, celery, carrots, drumstick (moringa), zucchini, plantain.
- Fruits: amla, pomegranate, banana, ramphala, chiku, papaya, apple, grape, date, watermelon and melon (to be taken separately), coconut.
- Beverages: buttermilk, sweet lassi, coconut water, mint, lemongrass, cardamom, chamomile, nannari (sarsaparilla), amla juice, watermelon juice, vegetable juice, cucumber milk (blend ½ cup of peeled cucumber in 1 cup of milk - cow or other veg milk - with a pinch of sugar), electrolyte (1 lemon juice + 1 tsp of sugar + 1 pinch salt in a glass of water).
- Lipids: ghee, olive or sunflower or coconut oil.
- Spices: cumin, coriander, black pepper, turmeric, fennel seeds, fresh aromatic herbs (dill, coriander, fennel, mint, parsley, saffron).



### Avoid:

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

### Routine to favour:

- Avoid direct sun contact specially between 11am and 4pm, and protect from the heat by keeping a humid towel/cap on the head.
- A nap of half an hour after lunch is allowed.
- Body massage with coconut oil – if there's no time every day to apply oil on the body, then massage ears, hands and feet + pour 4-5 drops of coconut oil on the fontanelle.
- Bath with cool water and apply a paste of sandalwood on the face, heart and lower abdomen (these are the 3 main parts that should remain fresh to maintain the coolness in the whole body); foot bath in the evening with vetiver roots, rose water or hibiscus flowers.
- Swimming, aquagym, any water activities. Qi-Gong, Tai Chi, light running: max 30 minutes early morning or late evening; walks in green environment, forest.
- Soft yoga, pranayama (Sheetali, Sheetakari, ida nadi inhalation-left nostril inhalation), meditation with Gayatri mantra.
- Walk under the moonlight, full moon bath.
- Wear loose and comfortable cotton or linen clothes (white, blue, green, gray colours).
- Cooling jewellery: sandalwood beads, jade, pearl, amethyst crystals, moonstone, silver, aquamarine.
- To refresh the ambiance use lemon or orange peel, jasmine flowers, lavender, wet cloth hanging at the open window, vetiver curtains.

**Cooling plants for the summer:**

- **Amalaki – Amla:** refrigerant and full of Vitamin C, rejuvenative fruit.
- **Aloe vera:** rejuvenates blood and tissues.
- **Aegle Marmelos – Bael fruit:** make juice from the pulp and decoction with leaves, it calms body and mind. It is slightly laxative, do not take during pregnancy.
- **Coriander:** seeds soaked in water for urinary infections, kidney weakness.
- **Red Hibiscus:** leaves and flowers for shampoo and conditioner; flowers for herbal tea.
- **Manduka parni – Centella asiatica leaves:** rejuvenative and tonic for brain and nerves.
- **Pudina – Mint leaves:** herbal tea or dishes.
- **Radha consciousness – Clitoria Terneata flowers:** herbal tea or juice.
- **Sarsaparilla – Nannari syrup:** soothing and cooling.
- **Shataavari – Asparagus racemosus:** cooling, calming Pitta, very good for Vata women to harmonize hormones.
- **Vetiver roots:** for bathing.
- **Yashtimadhu – Licorice:** to refresh the body and to calm irritation, inflammation or ulcer in the digestive tract.

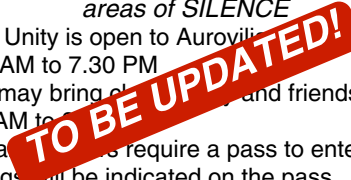
Wishing you a beautiful summer  
Be @ Santé Clinic

**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 their families and friends to the Gardens Daily: 9.00 AM to 7.30 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 at [mmconcentration@auroville.org.in](mailto: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
- Auroville units can bring their staff to the Inner Chamber with a prior booking at [mmconcentration@auroville.org.in](mailto:mmconcentration@auroville.org.in):
  - Tuesday 8.00 AM to 8.30 AM

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	
Security (24/7):		
Auroville Police Station 0413 2677318	Kottakuppam Police Station 0413 2236148	Vanur Fire Station 0413 2677368
Health:		
Health Center 0413 3509942 & 3509943	Santé 0413 2622803	Farewell 89038 36246
Mental Health 24/7 Support:		
Vandrevala Foundation +91 99996 66555		
India Emergency Response Service (24/7): 108		