

Auroville

NEWS & NOTES

No 1073 - A weekly bulletin for residents of Auroville

15 May 2025



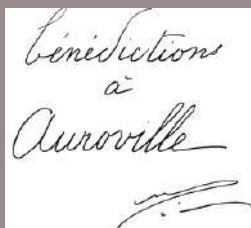
PONDERING

You are *quite right*. Old methods cannot do for this new work. Not only a new consciousness must be firmly established but also a new process must be found before anything truly effective can be done.

The Mother, 15 January 1961, Human Unity, Words of the Mother III
<https://motherandsriaurobindo.in/The-Mother/books/words-of-the-mother-III/#human-unity>



THE MOTHER ON AUROVILLE



First Edition 1977, Reprinted 1993, 1999
© Sri Aurobindo Ashram Trust,
Pondicherry, India.
Published by Madanlal Himatsingka on
behalf of
Vak Trust, Pondicherry - 605002
Filmset and printed at All India Press,
Pondicherry - 605001

AUROVILLE IN ELABORATION

A TALK IN JUNE 1965

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And you will be there at the centre?

Huta hopes so. (*Mother laughs.*) I did not say no, I did not say yes; I told her, "The Lord will decide." It depends on my state of health. A removal, no—I am here because of the Samadhi, I shall stay here, that is quite sure. But I can go there on a visit; it is not so

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far, it takes five minutes by car. But Huta wants to be quiet, silent, aloof, and that is quite possible in her park, surrounded by a road, with someone to stop people from coming in; one can stay very quiet—but if I am there, that is the end of it! There would be collective meditations, etc. That is to say that if I get a sign, first the physical sign, then the inner command to go out, I shall drive there and spend an hour, in the afternoon—I can do that now and then. We still have time because, before everything is ready, it will take years.

That is to say that the disciples will stay here?

Ah! the Ashram stays here—the Ashram stays here, I stay here, that is understood. Auroville is...

A satellite.

Yes, it is the contact with the outside world. The centre on my drawing is a symbolic centre.

But that is what Huta expects: she wants a house where she would be all alone next to a house where I would be all alone. The second part is a dream, because myself all alone.... You only have to see what is happening! It is true, isn't it? So it does not go with the "all alone". Solitude must be found within, it is the only way. But as far as living is concerned, I shall certainly not go and live there, because the Samadhi is here; but I could go there to visit. For example, I could go there for an inauguration or for certain ceremonies. We shall see. It will be years from now.

In short, Auroville is more for outside?

The city the earth
needs.



Unostentatious Certitude

It does not attract attention or try to convince anyone. - The Mother

Platycodon grandiflorus (Jacq.) A. DC., Campanulaceae.

Balloon flower, Chinese bellflower

Oh yes! It is a town! Consequently, it is the whole contact with outside. An attempt to realise on earth a more ideal life.

In the old formation which I had made, there had to be a hill and a river. There had to be a hill, because Sri Aurobindo's house was on top of the hill. But Sri Aurobindo was there at the centre. It was arranged according to the plan of my symbol, that is to say,

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a point in the middle, with Sri Aurobindo and all that concerned Sri Aurobindo's life, and four big petals—which were not the same as on this drawing, it was something else—and twelve all around, the town itself; and around that, there were the residences of the disciples; you know my symbol: instead of lines, there are bands; well, the last circular band formed the area for the disciples' residences, and each one had his own house and garden—a small house and a garden for each one. There was some means of transport, I wasn't sure if it was individual transport or collective transport—like those small open tramcars in the mountains, you know—going in all directions to take the disciples back towards the centre of the town. And around all that, there was a wall, with a gateway and guardians at the gate, and one could not enter without authorisation. There was no money—within the walls, no money; at the various entrances, there were banks or counters of some sort, where people could deposit their money and receive tickets in exchange, with which they could obtain lodging, food, this, that. But no money—the tickets were only for visitors, who could not enter without a permit. It was a tremendous organisation.... No money, I did not want any money.

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
- 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

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

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** 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
- 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 ENTRY SERVICE

ES # 250 DATED: 05-05-2025

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 Aurovilian in writing to auroville.entryservice@gmail.com.

We thank you in advance.

The Admission Committee aka **the Entry Board of the Residents Assembly**, under section 19 of the Auroville Foundation Act

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

AUROVILIAN ANNOUNCED



- **Prabhu RAJENDRAN (Indian)** staying in Maitreye II and working at Sudha's Kitchen and Dropzy



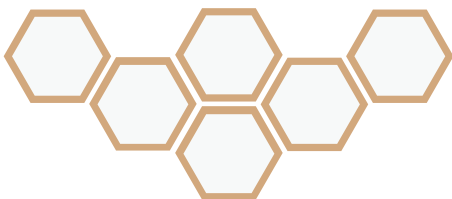
- **David EVANS (British)** staying in Surrender and working at JOI Anitya

AUROVILIAN CONFIRMED

- Sandhiya SARAVANAN (Indian)
- Martina GOETTL (German)
- Praveen VELMURUGAN (Indian)
- Gustavo BARBACHANO (Mexican)
- Sergei NIKOLAEV (Russian)

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.



FROM THE WORKING COMMITTEE

WE ARE MOVING!

Dear Community,

We are writing to inform you that we, the Working Committee selected by the RA, will be changing the location of our workspace.

Earlier this week the GB FAMC instructed Kailash by email to hand over the building to the Housing Service by the end of this month and the office spaces in which we work (the ex-Koodam office) by Monday, the 12th.

The Kailash team has discussed this with SAILER (as Kailash is an educational youth residency under SAILER) and with us and asked us to vacate the office space. We have agreed that under the circumstances it would be best for Kailash that the Working Committee moves out of the office space and finds another place from which to work.

We will inform you as soon as we have made alternative arrangements. During this brief transition, we will no longer have office hours or open house times but we will continue to do our work and represent the Residents' Assembly. For the time being we can be reached via email at workingcom@auroville.services.

Sincerely,

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



WORKING COMMITTEE
of the Residents' Assembly
AUROVILLE FOUNDATION



FO GROUPS NEWS

(not selected by due Residents' Assembly process)

FROM THE FO N&N 1078

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

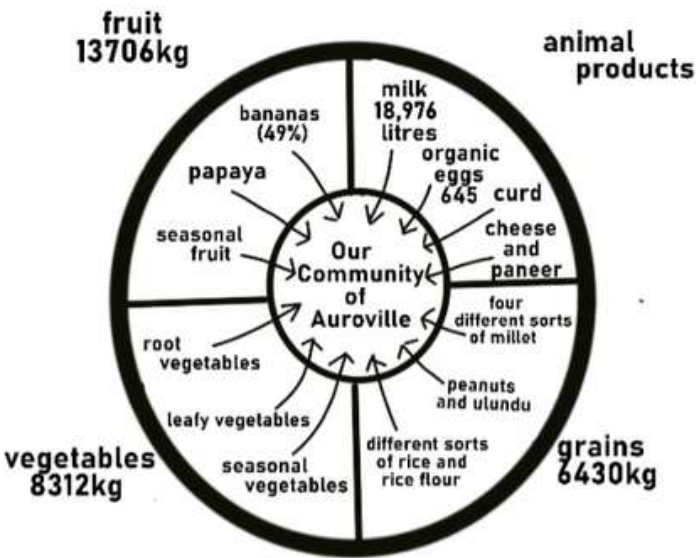


COMMUNITY NEWS

COMMUNITY SHARING

REPORT FROM FARMERS : JANUARY - MARCH 2025

CELEBRATING THE DIVERSITY OF AUROVILLE FARMS' PRODUCE IN THE FIRST 90 DAYS OF 2025



During the first ninety days of 2025 Auroville farmers supplied a huge diversity of food to the Auroville community.

This diversity included nearly 19000 litres of milk (which works out at approximately 211 litres/day) as well as eggs, curd and various sorts of cheese from Auroville’s poultry and cows. While over 50% of the fruit supplied to Auroville were bananas/papaya we also got to enjoy seasonal fruit like pommelos, ramphael and bael fruit. Similarly with vegetables of which there were 50 different sorts supplied during this period. This included the basic staples like brinjal, ladies finger, various sorts of beans and pumpkins with a variety of leafy vegetables like lettuce and roccolla. Lettuce and Roccolla have sadly stopped growing now the temperature has risen, but were much enjoyed during their peak at this season. Grains were supplied via Foodlink from the Grain Store in Annapurna. As well as different sorts of rice and legumes, like peanuts and ulundu, there were also four different sorts of millet – Ragi, Waraigu, Samai and Cambu. These coming mainly from local farmers working in association with one or more Auroville farms.

Millet is a good example of what happens when food is bought and sold like other consumer goods. A few decades back when people became richer, they started eating more rice, and millet, which was once a staple food in this area, was no longer eaten. Nowadays millet has become a Health Food for the rich and prices are high. Millet is an excellent crop to grow in this area as it needs much less water than rice. It also has many health benefits containing much more fiber and a wider range of nutrients than rice. The reason that Av farmers do not grow it is because yields are very low. The crop is prone to wildlife, especially birds like parakeets and peacocks, and animals like pigs and deer. It requires a lot of labor which is difficult to get and is very costly. Traditionally millet is grown under rainfed conditions which with the more erratic weather patterns these days is very risky. All this could be addressed if we value the millet for its generic value instead of a commodity, seeing only the economic aspects while losing sight of the real value of the food.

This and similar topics are what a group of farmers, Foodlink and others interested in the food system in Auroville, have been discussing during regular meetings during the last three months.

Rather than spend our time fighting the negative aspects of the present situation we have tried to envision what would be the best food system for Auroville. To create a positive and better alternative to what we have at the moment. What should we grow? How should we support those who do the growing? How can we set up a system to ensure that everyone in Auroville has the healthy food necessary for a healthy life? Watch out for future posts about how we are going to move this forward and involve many more people in the community in this very important focus for our community. After all, we all need to eat to go on living, with eating being our strongest link to the Earth. What we eat and how it is grown really makes a difference both to us individually and to the environment.

If you would like more information please contact us, using any email address you like, at aurovillefarmgroup@gmail.com.

Meanwhile as we move into the Hot Season farmers are preparing for growing the hot weather crops needed for the next three months. Expect to see a lot of fruit – especially mangoes and jackfruit together with bassella spinach, snake gourd, brinjal, ladies fingers, pumpkin, cucumber, cluster Beans and long beans.

Anshul, Charlie, Moorthy, Priya, Sathyavan, Velmurugam

JOIN OUR WEB SERIES ON THE MATRIMANDIR

AURORA'S EYE FILMS



For the past four years, the Aurora's Eye Films team has been creating a web series that releases a new video each month, featuring Aurovilians sharing their personal connection to the Matrimandir.

We are now inviting more Aurovilians to be part of this journey! The only requirement is that you must be an Aurovillian — beyond that, everyone is welcome.

If you are interested in participating, please contact Serena at 84897 60966 for more information.

You can also visit our website: www.matrimandirandi.com.

AUROVILLE LIBRARY - SUMMER TIMINGS

MAY - JUNE 2025

Dear Community,

Please see below our adjusted opening hours for the months of May and June (Summer).

MORNINGS

- MONDAY - SATURDAY
- 09:00am - 12:30pm

AFTERNOONS

- TUESDAY, THURSDAY and SATURDAY
- 04:00pm - 06:30pm



AUROVILLE DOG SHELTER

ANIMAL ABUSE IN AUROVILLE – A WAKE-UP CALL TO OUR CONSCIENCE



In recent weeks, shocking cases of animal abuse by Aurovilians have come to light. These are not isolated incidents—they are deeply disturbing acts of cruelty and neglect happening right here and now in our community.



What's worse: Auroville apparently has no system, no policy, and no accountability in place to deal with animal abusers. There is no protection for the voiceless beings we claim to live in harmony with. This is unacceptable and has to change!

Some of the worst cases involved pets left behind after their owners passed away—animals who were either abandoned, neglected, or abused by the new tenants. We ask Housing to urgently define a policy that ensures these animals have the right to remain in the house. They are not “things” that have to be removed after the owner passes; they are living beings that need to be cared for, not discarded like used household items.

Let's come together as a Community and ask:

- Should police cases be filed against known animal abusers? And if yes, by whom?
- Should their names be made public in News and Notes and on Auronet?
- Should they lose their status as Aurovilians? Can we have animal abusers live among us?
- Who takes responsibility for enforcing compassion and care in our homes and streets?

And more importantly: If we, who call ourselves followers of the Yoga of Sri Aurobindo and The Mother, and claim to be servants of the Divine, are not different than any other cruel and selfish person in the world— if we turn our eyes away from animal abuse, if we look the other way and remain silent, then what is the meaning of Auroville? What is the purpose of this experiment, this dream, this “city the earth needs”?

It's time to step up. It's time for us to become better than this!

Auroville must not become a place where cruelty is tolerated or just ignored, where abusers roam freely while the most vulnerable suffer in silence. We need to create a mechanism to protect animals now!

✉ Let's find a way! Send us your thoughts, ideas, or concrete proposals to:

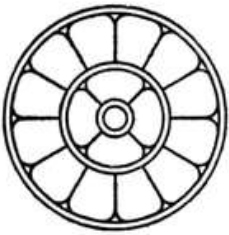
✉ auroilledogshelter@auroville.org.in

These are not easy questions, but we cannot ignore them. Silence and inaction enable cruelty!



Auroville Dog Shelter 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

Thank you.



RESIDENTS SPEAK

THE GREAT GURU OF AUROZ – PART V

(previous episode in the last N&N)

Several slabs later on the Grey Slab Road, Dorothy arrives at what looks like a Miniature Lawn—an artificial patch of curated serenity laid out like a showroom for nature. A toy-like pond glimmers under the glow of fake mini-lights. Orchids nod in silent agreement with the breeze from a nearby fan. A single tree casts its narrow shadow over a strange figure seated beneath it.

It is a lion—or rather, a Leering Lion. Not quite golden, not quite real, with fur that looks brushed-on and a face set in a fixed expression somewhere between smugness and despair. Workers toil in the background, breaking the hard-packed earth, while a watchman circles like a clock hand with nowhere to point. The lion does not move. He slumps against the tree, eyes half-shut behind his glasses that reflect the sunlight, pretending not to notice her approach.



Lions are never alone. Everyone knows that. They move in prides, in numbers, in assurance. To sit alone is to invite danger. To sit alone is to admit you've been left behind.

Dorothy halts at the edge of the lawn. A small sign stands primly at her feet:

PLEASE KEEP OFF THE GREENERY.

She reads it, then cups her hands and calls out across the distance: "Do not be a coward! Pick up your courage! Let fear fade away, embrace your own voyage!"

The Leering Lion doesn't move. A flick of his tail. A lazy blink. "I'm not afraid," he says eventually, not looking at her. "I just don't see the point."

Dorothy waits. The air hums with electric stillness. Somewhere behind her, a worker drops a spade. "No one ever comes back from their voyages," the lion continues. "Or if they do, they've changed. Or they lie. Or they forget who you are."

Dorothy opens her mouth, then closes it again. She steps back from the edge of the greenery. The sign remains. The lawn remains. The Lion stays curled in his patch of shade, unbudging, unmoved. With a quiet nod, Dorothy turns and walks on along the rows of faux vegetable patches. The original path—meant for cycles and feet—has vanished under layers of ornamental soil and decorative fencing. There is nowhere left to walk but between displays.

"What is sadder than a vegetable patch without vegetables?" Behind her, the mini-lights flicker—almost as if they, too, are tired of shining.

(next episode in a week!)

A MAJOR REQUIREMENT FOR INTELLIGENT LIFE

An essay that has nothing to do with Auroville, except it was created here. Perhaps looking heavenward is a rise in consciousness, and travel into space is about intelligence. Looking for intelligent life elsewhere is looking for connection. Maybe more alien than divine.

The search for intelligent life is actually a search for brilliant life. It takes brilliance to create ripples of electromagnetic waves that can be detected interstellarly. We are studying stars with planets where life can emerge. But there is a new requirement for brilliant life that needs to be included.

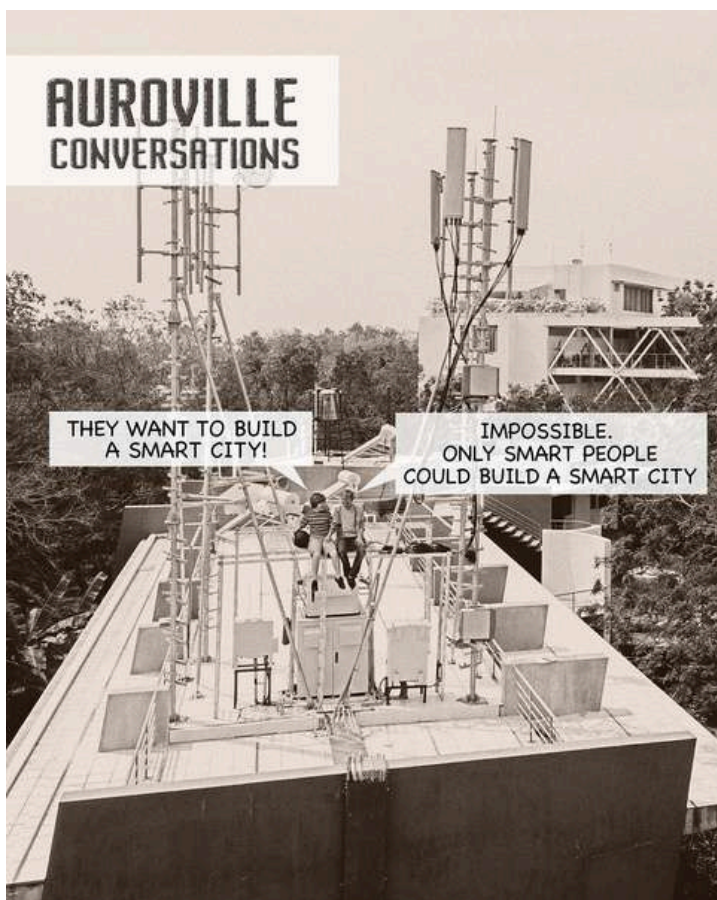
<https://aandolan.medium.com/a-major-requirement-for-intelligent-life-d64f6467f6a1>

Rajesh

FOOD FOR THOUGHT



AUROVILLE CONVERSATIONS



Submitted by an Aurovillian

FRENCH NEWS & NOTES

NOUVELLES D'AUROVILLE



Auro – Traductions

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



INNER JOURNEY

INTRODUCTION TO THE INTEGRAL YOGA OF SRI AUROBINDO AND THE MOTHER

Tuesday 20th May, 9 am - 12 noon

Focus: The Synthesis of Yoga

Led by Ashesh Joshi

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

All are Welcome



SAVITRI SATSANG WITH NARAD

SUMMER BREAK

SAVITRI at Savitri Bhavan will break for the heat of the summer months of **May and June** and will begin again the **first day of July 2025** with Savitri Satsang and the OM Choir at 4:30pm and 5:30pm respectively.

In this deep exploration of Savitri we will study:

1. The mantric basis of Savitri
2. The importance of iambic pentameter in epic poetry
3. The wealth of definitions in Savitri from Sri Aurobindo and Mother
4. Music and alliteration in Savitri
5. Words defined from the 'Lexicon of the Infinite Mind'
6. The Mother's Words on Savitri

We will begin at the beginning, again on 1st July, with Canto 4, 'The Secret Knowledge'.

All are welcome to join.

Narad

OM CHOIR WITH NARAD

EVERY TUESDAY, 05:30 - 07:15PM

Please join in the aspiration,
in

**ON SUMMER BREAK
MAY + JUNE**

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](#)) and Ashesh Joshi

Please register in advance

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

(Private sessions on request at other timings)

VIPASSANA MEDITATION

All **old students** of Vipassana meditation having completed at least one 10-day course as taught by S.N. Goenka (www.dhamma.org) and who 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

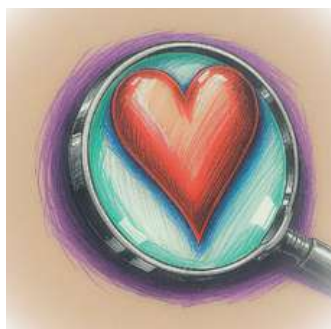
ANNOUNCEMENTS

RESEARCH PROJECT, "THE POTENTIAL OF KINDNESS"

Dear Auroville Community,

How might small acts of kindness transform our lives? We invite you to help us discover the answer by participating in our research project, "The Potential of Kindness."

Over the coming months we're organising events designed to explore how kindness activities



affect participants' wellbeing, social connections, and self-compassion. We hope to learn about what kindness means, how kindness varies across different cultures, and what obstacles might prevent us from giving and receiving kindness.

These events provide opportunities to contribute to meaningful research as well as the possibility of experiencing new perspectives on kindness.

- **Kindness Circles** - Safe, welcoming spaces to share personal stories of giving and receiving kindness (available in both English and Tamil).
- **Kindness Film Screening** - watch a film together on the theme of compassion.
- **Random Acts of Kindness Week** - Participate in daily challenges to spread kindness.
- **Loving-Kindness Meditation** - Join this meditation on compassion for yourself and others.

All events are open to Aurovilians and Newcomers. If you would like to participate in any of the above events (or perhaps host your own kindness event as part of our research) email helen@auroville.org.in or message on WA 70947 53054.

Let's explore the potential of kindness together.

Helen & Nikethana

AV MEN'S ULTIMATE FRISBEE "NEXT GEN" FOR 12-18 YEAR OLDS MONDAY 5 MAY ONWARDS, GAIA FIELD

Hey Auroville,

The AV Men's Ultimate Frisbee team is starting: *NexGen*, an Opens (boys 12–18) ultimate frisbee team right here in town.

If you're into sports, love being active, or just want to try something different — come check it out, no experience needed.

- Date: **Monday May 5th Onwards**
- Location: **Gaia Field**
- Time: **5:00pm to 6:15pm**

Just bring water, a pair of football/running shoes, (barefoot is fine if you don't have anything to start with) wear some clothes you can run in, and come ready to have fun and learn the game.

If you have any questions or confusion, feel free to call or WhatsApp me (Harsh Nisar) at +91 95439 90007.

If you want to join, send me a message so I can add you to the *Next Gen* group for more updates and info. :)

Come join us and be part of something exciting!

Yours sincerely,
AV Ultimate



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



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



ECOPRO: DISPOSABLE MENSTRUAL PADS BIODEGRADABLE & COMPOSTABLE

EcoPro

**Dear Auroville Community,
in particular women in the menstruating age,**

As many of us are aware, the widely used disposable menstrual pads on the market contain some plastics which makes it difficult to dispose of used pads in an easy and ecologically sound way. Now a new product has become available, that is menstrual pads made exclusively of biological materials and hence biodegradable or compostable after use. So, as regards disposal, no need to incinerate with dubious emissions from burning plastics, and avoiding pollution from microplastics (when disposed of with other waste in landfills or discarded anywhere in open drains – which is not meant to be the case).

One of the brands is “Bliss”. – We have asked a few women to test the pads in regard to reliability (of function) and comfort, and received only positive feedback. The pads are free from sanitizers or artificial fragrances and pose no risk to health.

Availability

Bliss Pads are available now at EcoPro, Aurosarjan complex. Please contact us at ecopro.sales@auroville.org.in, 0413-2622469 or 63855 14605.

Concerns regarding composting

In all community and household gardens where some structured and supervised composting of kitchen and garden waste is in operation, used pads can be integrated into it. Concerns about attracting dogs and rodents need to be dealt with in the same way as it applies to fresh kitchen or food waste. (Wild pigs are a separate issue – they plough through our gardens independent of composting activities.) Feel free to ask for guidance at EcoPro.

*Regards,
Sharmila / on behalf of EcoPro*



ZERO WASTE HOME TOUR

EVERY SATURDAY IN MAY



Laure invites you for a Zero Waste Home Tour at her home every **Saturday in May at 11am.**

Discover how embracing a nearly zero-waste, plastic-free, and minimalist lifestyle is possible.

Get inspired, ask questions, and see in real life how small changes can make a big impact!

Registration is compulsory

Sign up via WhatsApp: +33 695651135.



AVAILABLE

AMMA

Good House Ama available from Half May onward for Tuesdays and Thursdays : 2 full days for work in the Center area .

Please contact 94420 32047 via WhatsApp



ANTIQUE TEAKWOOD CANE CHAIR

Antique teakwood cane chair in good condition available against contribution.

Contact isha@auroville.org.in



LOOKING FOR

MISSING CAT

Hello Auroville Family!
We really need your help.

Our cat, Zuko, is lost and he is one of the most important beings in our lives. He is sterilized. He is grey on the back and white on his chest and paws. He has rings on his tail, which is bent at the end.

We live in Centrefield. People think they have seen him near Samasti and Surrender, and even near Town Hall. That was a few days ago, so he could be anywhere now.

Please try to keep an eye out for him. He means the world to us and it would be really brilliant if someone sees him. Please call us if you do.

Manas

98438 01014 / 98101 01602



MISSING DOG



WORDPRESS LMS

Hi,

I am in the process of putting the courses that I was teaching in the Botanical Gardens, on different aspects of arboriculture, online and I am looking at purchasing a Wordpress LMS for this, as they would be self led courses. Is anyone else doing this or interested in co-purchasing an LMS? Currently looking at Tutor LMS. Buying several lifetime licences at once is considerably cheaper than buying a single one.

Let me know if you are interested or perhaps you have some ideas?

Thanks,

Island

Phone/whatsapp: +91 75981 03616

Email: island@treescapes.in

A HOST IN ANNECY, FRANCE

Dear Friends,

I live with my family in Auroville.

I'm visiting Annecy, France this year for the animation festival in the month of June from 7th to 14th.

I will be traveling to Annecy via Geneva.

I'm looking to connect with someone in Annecy who can extend their kindness and host me on those dates.

Gratefully ,

Siddharth Maskeri - Mob/Whatsapp - +91 98192 89123



LOOKING FOR AV PIANO CARETAKER

Dear community,

I have one of « Auroville community piano » just catching dust. It was entrusted to us by a musician, but we never used it as the kids moved on to other instruments.

The piano would need some

servicing.

If anyone would like to become its next caretaker, please message me at: 91598 35835 (no calls)



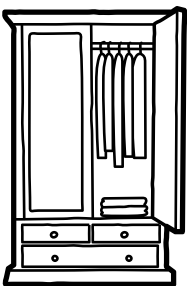
LOOKING FOR HOMES FOR TWO KITTENS



A beautiful ginger cat that was roaming around and kept on sitting in front of my door meowing, gave birth to 2 kittens, a male (ginger with a little white) and a female (3-colored brown, black, white) The two sweet kittens are ready to be given away soon to animal loving children or adults. If someone misses a female ginger cat, please also contact me, via

SMS or WhatsApp, 94896 01312 or email shivaya@auroville.org.in

Thank You!



SECOND HAND ALMIRAH

Dear friends,

I need a second hand almirah in good condition for free or at a reasonable price.

Contact me at AVsanto60@gmail.com or 97519 07083

Thank you in advance,
Santo

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!





ACTIVITIES AT SERENDIPITY

SERENDIPITY ACTIVITIES & THERAPIES

(Ex. Joy Community in front of Center GH)

Center Field, Auroville - 605101, TN, India

Landline: +91 (0)413 350 9950

Mobile/Whatsapp: +91 93856 23342

Email: serendipityauroville@gmail.com

<https://serendipity.auroville.org>

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



REGULAR CLASSES:

Qi Gong - with Lhamo

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

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

Traditional Sanskrit Mantras with Sonia

- **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.

Private Classes on request (for groups or individuals)

- Hatha Yoga with Ramesh - for more details contact Ramesh at: +91 98451 68490
- Traditional Sanskrit Mantras with Sonia - for more details contact Sonia at: +91 89402 88090

THERAPIES:

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 Thai massage, pressure, 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 massage that melts away tension and revitalises your body, primarily 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.

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.



CULTURAL ANNOUNCEMENTS

AUROVILLE FILM FESTIVAL 2026 - SUBMISSIONS NOW OPEN

The 9th edition of the Auroville Film Festival opens submissions for the following categories:

- Films made by Aurovilians and residents of the bioregion (including Pondy)
- Films made about Auroville and the bioregion (including Pondy)
- Films made by school students (below 17yrs) in Auroville and the bioregion (including Pondy).

The last date to submit is **August 15th 2025**. Films made since May 2023 will be considered.

Link to submit: <http://tiny.cc/avfilmfestival2026>

Submissions to the international category of films that develop the theme of human unity may be made only through Film Freeway (<https://filmfreeway.com/AurovilleFilmFestival>). The last date to submit to this category is **July 31st 2025**.

For more details please contact filmfestival.auroville@gmail.com

FOOD

FOOD FOREST TOUR - EVERY SUNDAY



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

EVERY SUNDAY from 8:30 to 10:30
(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,
to create different flavours of delicious, healthy and nourishing sugar free
VEGAN ICE CREAMS
with lots of flavourful toppings from the garden and our homemade produce.

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

RIGHT PATH CAFE - SUMMER NEWS, VISITORS CENTRE



**RIGHT PATH CAFE
SUMMER NEWS!**

**SUMMER IS COMING. LET'S CELEBRATE
WITH SPECIAL OFFERS AT CAFETERIA
VISITORS CENTRE.**

EVERY DAY BETWEEN 7.30 AND 9am
**50% DISCOUNT FOR AUROVILIANS ON OUR
ORGANIC BREAKFAST ITEMS!**

EVERY THURSDAY
**50% DISCOUNT FOR AUROVILIANS ON
KOREAN DISHES**

EVERY FRIDAY
50% DISCOUNT ON NON VEG DISHES

**REMINDER! CAFETERIA USES CHIEFLY ORGANIC PRODUCTS
AND AUROVILLE GROWN FOOD.**

**MONTHLY AND HALF MONTHLY ORGANIC
LUNCH SCHEME OPTIONS**
**30% DISCOUNT TO AUROVILIANS AND 10%
DISCOUNT TO VOLUNTEER AUROCARD
HOLDERS ON ALL OUR MENUS**

POETRY

Focus of attention refines.
Narrowness of vision confines.

Anandi Z

Living Force

2.12.2023

One may call me a throwback from the past,
Who writes his poems with rhythm, oft with rhyme,
And feels there are eternal truths that last
Beyond the present in the vaults of time.

What may one say of epics long ago
Are they to be condemned inferior
To the modernists who arrogantly know
More than anything that came before

With such a plenitude of living force,
A dynamism missing in our day
When the greater good the 'elite' poets toss
In their jumbled and their indiscreet array.

Narad

AUROVILLE RADIO



Dear Aurovilians,

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

Last published podcasts:

- [Marlenka's Weekly Offering – Ep.137](#) (Literature)
- [Savitri - Ep.9 : Introductory Comments in Tamil | சாவித்ரி காவியம் ஓர் அறிமுக விளக்கம் by Dhanalakshmi](#) (Spirituality)
- [Une série hebdomadaire de lectures par Gangalakshmi – Ep.492](#) (Integral Yoga)

Latest Youtube Videos:

- [Savitri Ep.2 : Introductory Comments in Tamil | சாவித்ரி காவியம் ஓர் அறிமுக விளக்கம் by Dhanalakshmi](#)

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

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

Peace and love

Regards,
Sai Priya for Auroville RadioTV



FOR THE BOOKWORMS

AUROVILLE LIBRARY

READING CIRCLES

MONDAYS AND TUESDAYS

Current book reading circles at the Auroville Library :

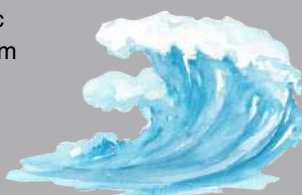
- Mondays 6 - 7pm, main building - **The Prophet by Kahlil Gibran**, hosted by Malcolm (+91 90801 59721)
- Tuesdays 6:30 - 7:30pm, main building - **A New Earth by Eckhart Tolle**, hosted by Debashish (+91 76782 08825)

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
THE SEA**

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



JOIN OUR BOOK READING CIRCLE: "NONVIOLENT COMMUNICATION"

EVERY MONDAY, YOUTH SPACE

We invite you to a book reading circle every Monday at the Youth Space, in Center Field, Auroville (find us on Google Maps). We'll be reading and discussing the book "Nonviolent Communication"

by Marshall Rosenberg, and we're excited to share this journey with you! This book has the potential to really shift the way we communicate.

About the Book:

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

Details:

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



Cinema Paradiso

Multimedia Center (MMC) Auditorium

Film program : 19th - 25th May 2025

Cinema Paradiso-Multimedia Center is operating at 100% seating capacity. Seating starts about 15 mins 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 19 MAY, 8:00 PM:

• SARAMSHA

India, 2024, Writer-Dir. Surya Vasishta w/ Sruti Hariharan, Surya Vasishta, Deepak Subramanya, and others, Drama, 132mins, Kannada w/ English subtitles, Rated: NR (PG-13)

Does a writer create the story, or does the story find its writer? Tejas, a C.A. longing to be an author, stumbles into a moment that feels straight out of fiction—an unexpected encounter with Abhay. As reality bends into magical realism, an emotional drama unfolds, weaving metaphors, pop culture, and profound questions about fate and choice. This acclaimed film is a novel-like journey through storytelling itself.

POTPOURRI – TUESDAY 20 MAY, 8:00 PM:

• COAL MINER'S DAUGHTER

USA, 1980, Dir. Michael Apted w/ Sissy Spacek, Tommy Lee Jones, Levon Helm, Music-Drama, 124 mins, English w/ English subtitles, Rated PG:

This fictionalized biography follows the legendary life of country superstar Loretta Lynn. Poor and hungry, married at 13, and a mother of four before she was 20, her rise to stardom for her songwriting and singing, was nothing short of miraculous. It all started with a gift of a guitar from her husband, Oliver "Doolittle" Lynn—with whom she shared a tumultuous journey in life and to superstardom.

SELECTION – WEDNESDAY 21 MAY, 8:00 PM:

• LA VÉNUS À LA FOURRURE (VENUS IN FUR)

France-Poland, 2013, Writer-Dir. Roman Polanski w/ Emmanuelle Seigner, Mathieu Amalric, and others, Showbiz-Drama, 96mins, French-German w/ English subtitles, Rated: NR (R)

Exhausted director Thomas Novacheck struggles to find the right lead for his new play, an adaptation of Leopold von Sacher-Masoch's 1870 novella. Just as he's ready to give up, Vanda arrives, seemingly wrong for the role. Yet as she takes the stage, reality and fiction blur, transforming her into the story's powerful heroine. As tensions rise, the boundaries between control, obsession, and identity dissolve, leading to an unpredictable power struggle in this gripping psychological drama.

INTERESTING – THURSDAY 22 MAY, 8:00 PM:

• THE REMARKABLE LIFE OF IBELIN

Norway, 2024, Dir. Benjamin Ree w/ Mats Steen, Robert Steen, Trude Steen, and others, Documentary-Animation, 103mins, English-Norwegian-Danish w/ English subtitles, Rated: PG-13

When Norwegian gamer Mats Steen passed away at 25, his parents believed he had led an isolated life—until they discovered his deep friendships in the gaming world. The film explores his vibrant digital existence, blending animated reconstructions, blog entries, and interviews to reveal a remarkable young man whose connections transcended physical boundaries, proving the power of online communities.

INTERNATIONAL – SATURDAY 24 MAY, 8:00 PM:

• DÌDI

USA, 2024, Writer-Dir. Sean Wang w/ Izaac Wang, Joan Chen, Shirley Chen, and others, TeenDrama-Comedy, 93mins, English-Mandarin w/ English subtitles, Rated: R

In this acclaimed film, Chris, a 13 yrs-old Taiwanese American boy, spends the summer before high school navigating first love, friendship, and his cultural identity. As he bonds with friends, skateboards through his neighborhood, and connects online, he also wrestles with his relationship with his hardworking single mother. This heartfelt coming-of-age story explores family, self-discovery, and finding one's place in the world.

CHILDREN'S MATINEE – SUNDAY 25 MAY, 4:00 PM:

• TURNING RED

USA-Canada, 2022, Writer-Dir. Domee Shi w/ Rosalie Chiang, Sandra Oh, Ava Morse, and others, Adventure-Animation, 100mins, English-Cantonese-Korean w/ English subtitles, Rated: PG

In Toronto, 2002, 13-year-old Mei Lee is a high achiever trying to balance her independence with her family's expectations. But when emotions run high, she undergoes a bizarre transformation—turning into a giant red panda! As puberty and growing pains collide, Mei must navigate friendships, family, and self-discovery in this heartwarming and visually stunning coming-of-age adventure.

CINÉ-CLUB SUNDAY 25 MAY, 8:00 PM:

• VOLVER

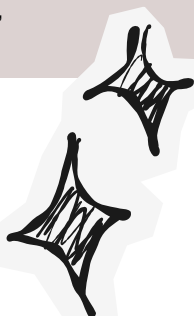
Spain, 2006, Dir, Pedro Almodovar, w/ Penélope Cruz, Carmen Maura and Others, Comedy-Drama, 121 mins, Spanish w/ English subtitles, Rated: R.

Having weathered a series of bad relationships and traumas, Raimunda and her sister Sole remain close as they continue to mourn their mother Irene, who died years ago in a suspicious house fire. Raimunda's resourcefulness and strength of character shift into unresolved conflicts to call upon her and Sole to return home. Multiple generations of women reunite to mourn their losses, mend old rifts, and harness the healing powers of their collective resilience in the face of age-old adversities.

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. We have a new projector and are undergoing major maintenance. To support this, please consider contributing to "Cinema Paradiso" (Account #105106) through one-time or recurring donations. Recurring contributions can be channeled through Unity Fund from your Unit/Activity. Individual Aurovilians, guests, or one-time contributions can be made directly to MMC-CP Account #5106; we'll pay the GST on them and treat it as a donation. Your support is greatly appreciated!

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



COMMUNITY SERVICES

ESSENTIAL SERVICES

AUROVILLE'S FINANCIAL SERVICES (FS)

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

ELECTRICAL SERVICE (AVES)

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

GAS BOTTLE SERVICE

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

WATER SERVICE

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

ECO SERVICE (WASTE COLLECTION/MANAGEMENT)

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

POUR TOUS DISTRIBUTION CENTRE (PTDC)

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

POUR TOUS PURCHASING SERVICE (PTPS)

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

AUROVILLE LIBRARY TIMINGS

Our timings are:

Mornings:

- Monday to Saturday : 9am - 12.30pm

Afternoons:

- Tue, Thurs, & Sat: 4pm - 6.30pm

Children's Storytime! All ages welcome!

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





*Love in action is service
to the world.*

Lynne Namka

HEALTH

SANTÉ SERVICES IN MAY 2025

sante

Working Hours:

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

Tests and Sample collection:

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

No sample collection on Saturday.

For emergencies, contact:

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

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

Appointment

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

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

*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

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

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 + 1tsp of sugar + 1 pinch salt in a glass of water).
- Lipids: ghee, olive or sunflower or coconut oil.
- Spices: cumin, coriander, black pepper, turmeric, fennel seeds, fresh aromatic herbs (dill, coriander, fennel, mint, parsley, saffron).



Avoid:

- Pungent and sour tastes (especially for people who are Pitta dominant).
- Pitta increasing items: chillies, fermented 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 close family 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:
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:
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	
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Security (24/7):

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

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

Vandrevala Foundation +91 99996 66555

India Emergency Response Service (24/7): 108