

# Auroville NEWS & NOTES

No 1114 - A weekly bulletin for residents of Auroville

26 February 2026

RA EDITION



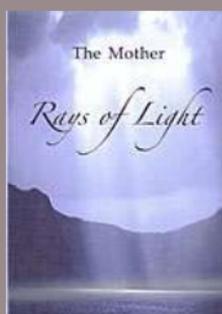
## PONDERING

*[...] this birth of Auroville wasn't preceded by any thought; as always, it was simply a Force acting, like a sort of absolute manifesting, and it was so strong that I could have told people, "Even if you don't believe in it, even if all circumstances appear to be quite unfavorable, I KNOW THAT AUROVILLE WILL BE. It may be in a hundred years, it may be in a thousand years, I don't know, but Auroville will be, because it has been decreed.*

*The Mother*, 21 September 1966, The Inauguration of Auroville  
<https://auroville.org/page/inauguration-of--auroville>



# RAYS OF LIGHT



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## THE BASES OF YOGA

### TO WILL WHAT GOD WILLS

**page 32**

To do at each moment the best we can and leave the result to the Divine's decision, is the surest way to peace, happiness, strength, progress and final perfection.

**page 33**

The only thing you have to do is to remain quiet, undisturbed, solely turned towards the Divine, the rest is in His hands.

*18 July 1955*

\*

Be quiet and offer yourself calmly and confidently.

All that happens is always the effect of the Supreme's Will. Human action can be the occasion but never the cause.

*3 August 1968*

\*

There is a Supreme Consciousness that governs the manifestation. His wisdom is certainly much greater than ours. So we need not bother about what will happen.

\*

The Lord is always victorious - in his own way, not in the human way - according to his own will, not according to the will of men. The Lord is always present - only we do not realise it.

**page 34**

### FAITH, CONFIDENCE, CERTITUDE

Faith - confidence in the Divine and the unshakable certitude of the Divine's Victory.

\*

Faith is a certitude which is not necessarily based on

**Realisation**

The goal of our efforts. - *The Mother*

*Delonix regia* (Bojer) ref., Leguminosae, Caesalpinioideae  
Flamboyant, Peacock flower, Flame tree, Royal poinciana



experience and knowledge.

\*

Faith is the surest guide in the darkest days.

*16 August 1954*

\*

At every moment all the unforeseen, the unexpected, the unknown is before us - and what happens to us depends mostly on the intensity and purity of our faith.

*3 November 1954*

\*

There is a great power in the simple confidence of a child.

*17 November 1954*

\*

The best way of meeting difficulties is a quiet and calm confidence in the Grace.

*13 August 1966*

With confidence we shall advance; with certitude we shall wait.

# 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 would like to support the RA N&N, please send us an e-mail at [newsandnotes@auroville.services](mailto:newsandnotes@auroville.services).
- Content sent through [@auroville.org.in](mailto:@auroville.org.in) mail ID will only reach us if you use this [FORM](#) to submit your content.
- The mail ID to submit content is: [newsandnotes@auroville.services](mailto:newsandnotes@auroville.services)

**Thank you for reading and for your continued support!**

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

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# WORKING GROUPS NEWS

## FROM THE WORKING COMMITTEE

### AN UPDATE

Dear Community,

The Working Committee, Auroville Council, Land Board and the FAMC of the RA would like to share an update with you.

Members of all 4 of these committees of the Residents' Assembly have met on Monday, 16<sup>th</sup> of February in Town Hall to share their vision on how to best serve the interests of Auroville and the Residents' Assembly and how to fulfil the respective tasks of the committees.

Many ideas were exchanged. We found that we have diverse perspectives. We look forward to a close collaboration between the committees and the community.

We will continue to share meetings and update each other on our work and in particular maintain a common vision. We will update the community on a regular basis.

Your Working Committee, Auroville Council, Land Board and FAMC of the RA

(*Amrit, Anan, Ancolie, Anita, Ashok, Auradha, Danny, Divya, Dyuman, Elvira, Isabelle, Jayavel, Jonah, Krishna, Lata, Martin, Matthieu, Mouttou, Muniyandi, Padmanabhan, Palani, Prashant, Raju, Ramesh, Ranjithkumar, Sathiya, Sathyaseelan, Stephan, Valli*)



**WORKING COMMITTEE**  
of the Residents' Assembly  
AUROVILLE FOUNDATION



## FO GROUPS NEWS

(not selected by due Residents' Assembly process)

### FROM THE FO N&N 1119

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

# COMMUNITY NEWS

## OBITUARY

### VASU PASSES AWAY

Dear All,

This is to inform the community that **Vasu**, aged 53, has passed away at 09:50 pm on Sunday 22<sup>nd</sup> February 2026 due to Heart attack. He had been living in the Repos community for the past 35 years and worked at Auroville Health Center in x-ray department.



He was supported by our Beach Ariya community during his land issue.

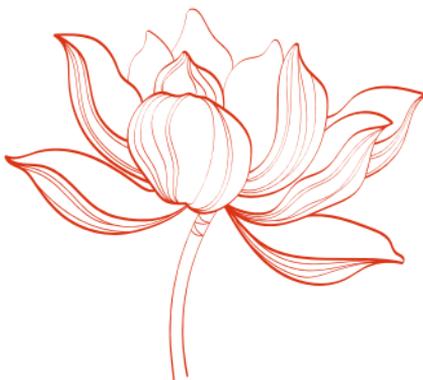
He helped and supported various sports activities.

His wife's name is Ilayarani, his daughter's name is Poovidha, and his son's name is Devanath.

His last rights and burial were held near Eternity community/ Ganapathychettikulam on Tuesday 24<sup>th</sup> February.

Our deepest condolences and strength to his family.

OM



## COMMUNITY SHARING

### VOICES OF AUROVILLE - ISSUE 10 (FEBRUARY 2026)



## *Voices of Auroville*

Dear community,

On Mother's birthday, our publication marks a new beginning.

*Voice of Auroville* turns ten issues old and relaunches as *Voices of Auroville* — now fully independent, and broader in scope. For the first time, we are releasing the full magazine along with a short newsletter, so you can choose how deep you want to go.

The past four months have brought a landmark Parliamentary report, the forced closure of *Auroville Today*, threats to residents and community spaces, and, amid all of this, new acts of collective resilience. It is all documented here, with the fact-based, uncensored reporting that has always guided our work.

Read the newsletter. Read the magazine. Share both freely.

- **Short newsletter:** [click here](#)
- **Full issue:** [click here](#)
- **Earlier issues:** [click here](#)

To subscribe [click here](#), and to share feedback write to [voa@auroville.services](mailto:voa@auroville.services).

Our deep gratitude goes to all who contributed content and photographs to this issue, and to our readers for their continued support and trust.

In community,  
*The Voices of Auroville*  
Editorial Team



ISSUE 10  
FEBRUARY 2026

### *Voices of Auroville*

News & Highlights from the Auroville Community



This is an independent publication, written by a team of volunteers committed to transparency, honest reporting, and giving voice to the residents of Auroville.

In partnership with  
**AUROVILLE**  
Media Lab

## FINAL REPORT - TEMPORARY SELECTION COMMITTEE (TSC)

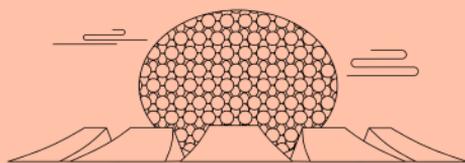
Dear community,

Here is the [final report](#) of the Temporary Selection Committee (TSC). The TSC work is now complete.

Thank you again for your trust.

Sincerely,

Amy B., Claudine B., Guna P., Juergen P., Mita R., Rakhal, Shivaya, Suriyagandhi, Suzie



### AUROVILLE'S BIRTHDAY

*Almost they saw who lived within her light  
Her playmate in the sempiternal spheres  
Descended from its unattainable realms  
In her attracting advent's luminous wake,  
The white-fire dragon-bird of endless bliss  
Drifting with burning wings above her days:*

*Savitri, p.16*

**28.2.2026**

#### ***Collective Meditation with Dawnfire 5 to 6 am at the Amphitheatre***

Entrance from the Second Banyan (Viewing Point) Gate only.

**Open from 4 to 5 am and after 6 am.**

All are requested to come early and be seated by 4:50 am.

**Please note that during the meditation, from 5 to 6 am the gates will remain closed.** Latecomers may join in after 6 am.

Access is limited to the Amphitheatre and up to 7 am only.

**Cellphones, Cameras, Tablets and other recording devices are not allowed in and around the Amphitheatre.**

All are requested to leave them at home or in their vehicle.

Those in possession of such items will have to deposit them at the 'Custody Facility' outside the Park of Unity. Matrimandir Management will try to take utmost care of these items, but will not be responsible for theft or existing damage of items deposited at the "Custody Facility".

**Your goodwill and cooperation are essential to maintain an atmosphere of peace and silence all through the meditation.**

**Volunteers will be on duty to guide and assist.**

**Please do not bring your pet to the meditation.**

#### ***Evening Program***

***5:30 to 6 pm at the Amphitheatre***

#### ***Collective Chanting of Aum***

An offering by the school children of Auroville and the outreach schools

All are welcome to participate.

Entrance from the Office Gate at 5:15 pm.

Guests are requested to carry their Aurocard with them.

**Last entry for guests at 5:20 pm.**

***Bonne Fête to all!***

## THE AUROVILLE LIBRARY - CLOSED 28.02.2026



## COMMUNITY DINNER ON SATURDAY 28.02.2026

### SOLAR KITCHEN

Dear Community members,

On the occasion of Auroville Birthday, all community members & family are invited to the Community Dinner at Solar Kitchen. Dinner will be served from 6 - 8:30pm.

In our last community dinner, the food thrown in the dining bin was 45 kgs. We request all members to respect the blessing of food grown, cooked & served with love.

Volunteers are welcome to support us.

Love & Light,

*SOLAR KITCHEN TEAM & VOLUNTEERS*

## HEALTH FUND NOTICE

Dear Health Fund Members, 03-02-2026

The end of the Financial year is approaching and like we do every year, we request you to please submit your medical bills from **April 2025** onwards. If you have any laying around that is.

**We need them before or on the 31<sup>st</sup> of March 2026!** That is our last working day for the month of March. **Medical bills from March 2026 can be refunded in April 2026, but only the bills from March!**

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

We would also like to request our members to please submit your medical bills in the month the treatment is received or medicines purchased, and latest in the first week of the next month.

We will start this request from the 1<sup>st</sup> of April 2026.

We would like the members who have long term/life time medicine prescriptions to please submit us a copy or renew the prescription every 6 months.

In general a prescription should present when submitting medical/medicine bills.

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

We thank you dearly for your cooperation.

Best,

Auroville Health Fund Team



## 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.

## MATRIMANDIR NEWSLETTER - FEBRUARY 2026

Click [here](#) to read **Matrimandir Newsletter for Feb 2026** or scan the QR code.



## RESIDENTS SPEAK

### ETERNITY - A REPORT TO THE COMMUNITY SHORT SUMMARY

Dear Community,

Many of you may already be aware that over the past ten days there has been sustained pressure from the Secretary's office of the Auroville Foundation regarding entry into Eternity for a land survey connected to a proposed exchange of part of the land.

To date, no formal written authorisation or official survey notice has been presented to the residents of Eternity, nor has there been clarity on the legal or procedural basis under which this exchange is being undertaken.

We were informed via email that this exchange was approved by the Governing Board at its 66th meeting; however, Agenda Item 66.19 and the Land Committee recommendations dated 08.02.2024 do not specifically list Eternity (R.S. No. 165/1) for exchange.

If it's not the GB that has decided, nor the Land Committee that has recommended, who then has decided to exchange Eternity?

There has been no documentation shared indicating which authority or body has then taken the decision to proceed with the exchange of Eternity, in whole or in part. In the absence of a currently sitting Governing Board, we believe that any such decisions should have been clearly recorded and presented to us before steps such as a land survey of Eternity are undertaken.

For the past ten days, the residents and stewards of Eternity have been requesting transparency, clarity, and a process that reflects both lawful procedure and the values of Auroville.

However, on 20<sup>th</sup> Feb, at a 3-minute meeting with the Secretary and several other AvFO people where Yuval was the only one representing Eternity, following intense pressure and in circumstances where Yuval felt compelled to comply, the gate to Eternity was opened and a survey was carried out.

We are sharing a fuller report of the developments so far for those who wish to understand the situation in more detail.

[🔗](#) To read the full report, please click this [link](#).

Sincerely,

Yuval, Jonah, Tracy, Ole, Anan, Mandakini

## **THE AVATAR'S CIRCLE: GREAT SADHAKS OF THE SRI AUROBINDO ASHRAM AND THE AUROVILLE PIONEERS**

After years bathing in the atmosphere of Sri Aurobindo's and Mother's early sadhaks, in 1985 I left "paradise on earth" (as Nolinida called the Sri Aurobindo Ashram) and moved to Auroville's green belt, living with oil and kerosene lamps for the next fourteen years, in the hut I built, under harsher conditions than at the Camp.

The Matrimandir's aerial ladders were gone but the roof, where I worked at the 'stars', was still accessed adventurously. Joining the Italian team toiling at the 'stars' on the Matrimandir's roof was the real introduction to Auroville's societal postulates. A lawyer, a university assistant of contemporary history, a lady graduated in law and in English literature and also a school principal, plus three others were my co-workers, led by Gloria; married to Piero Cicionesi, the site architect, she too was an architect. Dutch Hans was the only non-Italian in our team. Because of his matted locks and beard Hans, whose proficiency at mathematical calculations was much appreciated, was nicknamed the Matrimandir's sadhu – and he lived like one. My co-workers were intellectuals and professionals, the types I left behind in Italy; but on the Matrimandir's roof we toiled like laborers, under a scorching sun; twice my face swelled like a balloon. In the late afternoon I strolled around with Piero and Gloria; they had joined Auroville five days after Foundation Day and bit by bit told me its young history; this was my first briefing. One year later I encountered Roger Anger, Mother's architect, and an irreversible journey commenced.

Whether on the roof or on the scaffoldings, as always with no security, work was an exhilarating experience. Bravery and contagious enthusiasm, in an electrifying atmosphere, were our bread and butter. Endurance, resilience made us one in a way I had never fathomed. This was Auroville, the Mother's. I worked like a man; hard to believe that so small woman could carry heavy metal pipes in tandem with Hans, half meter taller. It was no longer my body, it was Mother's force that worked through me, and it was collective; nourished by Her, we all felt Her force. It was Auroville, the Mother's, incubator of the supramental society of gnostic beings.

The ultimate quest had begun, this was the lever: *"At our inmost centre there is a free being, wide and knowing, who awaits our discovery and who ought to become the acting centre of our being and our life in Auroville"*. "The Promised Land" is the chaitya purusha, the purusha in the heart, smaller than a thumb: the psychic being presiding over the evolutionary journey.

We had done with the senescent legacy of the past, all of us, we were the first builders of a new world in the making. Experimenting new ways of living was one with unending becoming. Status and culture and creed, what we had been so far, what and who we had left behind vanished altogether. A first realization dawned, growing immutable over the years: being part of the Avatar's circle. The Sri Aurobindo Ashram apprenticeship remains my foundation, one with the unconditional surrender of a true sadhak; but as a co-builder of the gnostic supramental society of which the radiant Matrimandir sun – 'Mother's shrine' – is the symbol and messenger.

Auroville is humanity's agelong dream. Idealists from all over came to make it real, faith as the sole riches, minimal material needs as the starting point of the journey. Auroville is "the city of God" Sri Aurobindo evokes, "the Avatar's model town" of the supramental manifestation the Mother heralds. Auroville – the ideal society for which those in the Avatar's circle take birth over and again along

the ages – exists forever. Idealists came from all over the world to make it real, faith as the sole riches.

“Ce n’est qu’un debut, continuons le combat” was a slogan of the 1968 revolution, on which Mother comments with Satprem in two conversations. The battle between the new world and society, and the old and rotten one, continues unabated.

*Paulette*

PS. I have amplified this text in a [YouTube](#) presentation.

**THE AUROVILLE ADVENTURE:**  
Memories and reflection of coming & being

Convivial  
CONVIVIAL  
LIVE TALKS

“Matrimandir’s roof: those full moon concreting determined my destiny”  
- Paulette Hadnagy

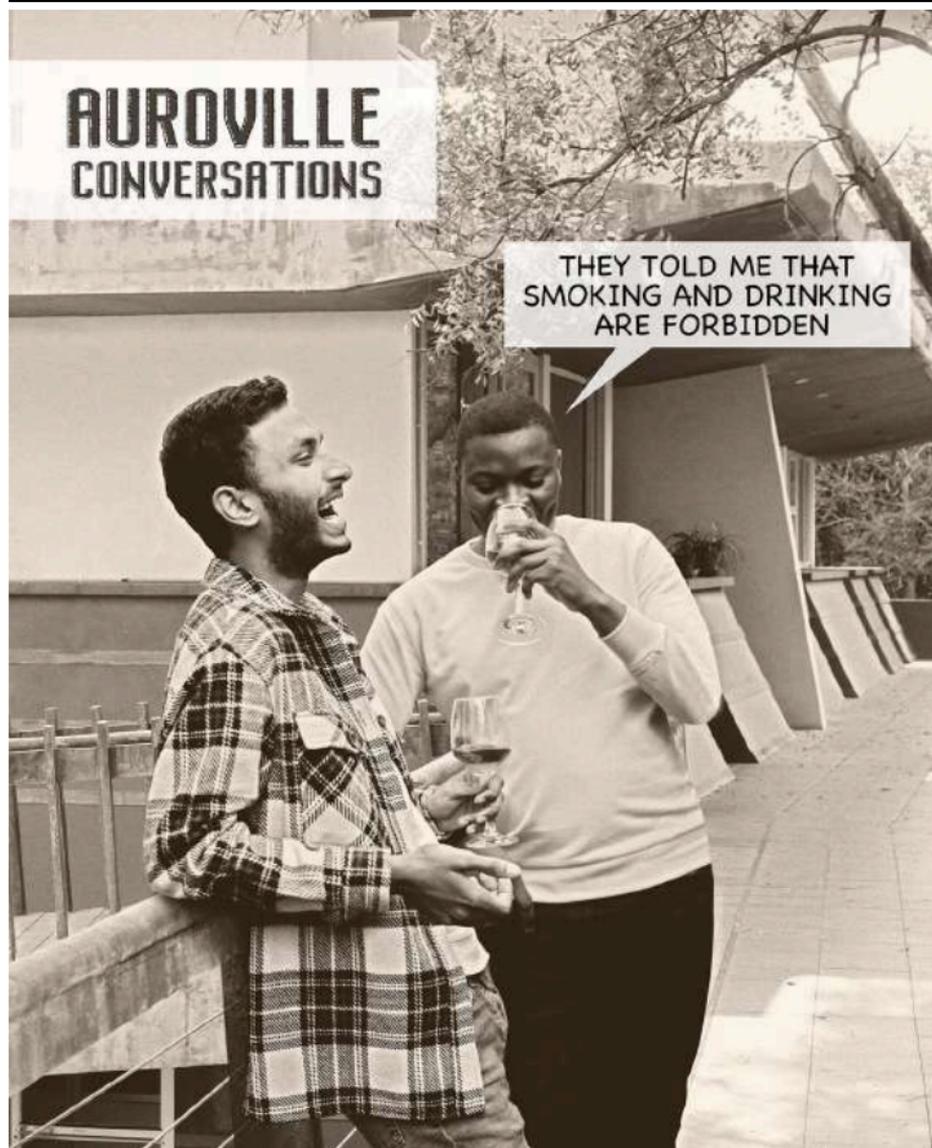
“A dream that wished but knew not how to be”  
- Jocelyn Janaka

“Human Unity: Lessons and Insights from CIRHU”  
- Hans van Baaren

6:30 pm - 8:30pm (IST), 23 Feb, 2026

**The Auroville Adventure - Part II | Paulette Hadnagy | Auroville Convivial...**

## AUROVILLE CONVERSATIONS



*Submitted by an Aurovillian*

## FRENCH NEWS & NOTES

NOUVELLES D'AUROVILLE



Auro – Traductions

**26 Février 2026**

Click on date 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 3<sup>rd</sup> March, 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

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

**At Savitri Bhavan - Square Hall.**

All are welcome to join.

*Narad*

## OM CHOIR WITH NARAD

EVERY TUESDAY, 05:30 - 06:15PM

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

No prior singing experience is required.

**At Savitri Bhavan - Square Hall**



## AMPHITHEATRE - MATRIMANDIR

MEDITATIONS AT SUNSET WITH SAVITRI

**Every THURSDAY  
from 5:30 to 6:00pm**

*(weather permitting)*



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

- **Reminder to all:** The Park of Unity is a place for silence, meditation, and inner work and is to be used only as such. We request everyone: please do not use cameras, 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 Amphitheatre only from 5:15pm. Guests are requested to bring along their Aurocards. Last entry for guests at 5:30pm. Access limited for guests to the Amphitheatre.
- **Last exit for guests** at 6:15pm.

*Velmurugan for 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)

## FROM THE PERSPECTIVE OF INTEGRAL YOGA TRAUMA, STRESS RESPONSE AND SUGGESTIONS TO HEAL



### WHAT IS TRAUMA?

In today's times of extreme stress, pressure, and sudden changes on both global and local levels—and even on personal levels—it is important to explore this term in detail. We will look at its possible causes, signs and symptoms, and approaches to healing. Our aim is to help people recognize possible reactions in themselves or in loved ones, colleagues, children, or anyone close to them after a negative experience, and to give hope that trauma can be healed if identified, taken seriously, and addressed—sometimes with professional help.

**In the light of Integral Yoga**, trauma can be seen as a deep imprint left on our being by experiences that overwhelm our ability to assimilate, integrate, or respond harmoniously. More generally, trauma refers to the physical, psychological, and emotional response to deeply distressing or disturbing events that exceed a person's capacity to cope. It is the lasting impact of experiences that threaten one's safety, identity, or wellbeing, or that fall outside the range of typical human experience.

### Causes of Trauma

Life events causing trauma may be personal or collective: sudden shocks, long-term stress, abuse of power or authority, violence of any type (physical, emotional, or psychological), extreme pressure, painful relationships (personal or professional), political abuse, threats, displacement, loss of loved ones, loss of home or work, forced changes, witnessing violence, accidents, illness of oneself or others, diagnosis of a serious disease, and many other situations.

### Healing Trauma

It is important to know that there are effective ways to heal trauma, which we will explore later in this series. Some methods are simple and fast, while others are more complex. The choice depends on how recent the trauma is, how often it has occurred, how intense it was, the age at which it happened, and one's personality. When symptoms appear, it is always advisable to consult a therapist and seek professional guidance.

### Typical reactions after experiencing a trauma

Trauma can affect the body, emotions, energy, relationships, and mind. This is commonly referred to as PTSD (Post-Traumatic Stress Disorder).

Fight, flight and freeze (becoming unable to think, speak, act, move, react or respond in an articulate way) are the typical reactions after experiencing trauma. We are not always able to be aware of these reactions and do not notice that we are in one of the typical states of PTSD. We then need someone else, a well-wishing person in our environment, to point this carefully out to us.

### **Physical Effects of Trauma**

On the physical level, symptoms can include digestive problems, headaches, breathing difficulties, skin issues, sensory weakness, or hair loss. Eating disorders may arise (overeating or anorexia, which may lead to significant weight loss). Diffuse body pains may appear. Over the long term, trauma may contribute to more serious conditions such as autoimmune diseases, neurodegenerative disorders, cancers, or simply the aggravation of earlier symptoms.

### **Psychological Effects of Trauma**

Trauma may cause distorted judgment, overreaction, mood swings, instability, irrationality, and difficulty with self-control. Some people may find themselves unable to express naturally, sometimes developing blocks or stuttering after trauma. It can damage the nervous system and subconscious, affecting behavior and decision-making. It may disrupt sleep—causing difficulty going to sleep, falling asleep, staying asleep throughout the night, or feeling refreshed in the morning as well as recurring nightmares.

### **Energetic Effects of Trauma**

On the energetic level, trauma may disturb the auric field, which often precedes physical disturbance. It may feel like pressure in a particular body part, diffuse heaviness, or repeated injuries in the same area. Subtle relational difficulties may also arise, as though others feel repelled.

### **Relational Effects. of Trauma**

After trauma, interactions may carry tension, misunderstandings, discord, or a lack of attunement. One may feel out of sync with others, sensing an unspoken heaviness in the subtle space between people. This may lead to intolerance, harshness, impatience, or self-centeredness.

### **Emotional Effects of Trauma**

Trauma can lead to excessive anger, uncontrollable emotional outbursts (tears, fear, aggression, violence), or overwhelming sadness and grief. It may cause short-tempereness, hypersensitivity, and impatience, with difficulty understanding or managing one's emotions. Things once considered normal may feel intolerable.

### **Mental Effects of Trauma**

Trauma may cause difficulty concentrating, listening, or focusing on tasks. Some may struggle to find words in conversation, to understand others, or to retain new information. Short-term memory can be impaired. In children, these issues may be misinterpreted as lack of intelligence, though they are circumstantial and can often be healed. Trauma can reduce discernment, coherence of thought, and may bring recurring intrusive memories.

### **Spiritual Perspective of Trauma**

From a spiritual standpoint, trauma is not only a wound but also a sign that a part of the being is calling for light, healing, and transformation. Sri Aurobindo and the Mother often described the subconscious and vital layers of our nature as places where such difficulties accumulate. With aspiration, sincerity, and patience, knots of suffering can be gradually dissolved and even turned into occasions for growth.

### **Approach in Integral Yoga of healing Trauma**

Healing should not be forced. The path requires patience, compassion toward oneself, and openness to the Divine Force, which alone can bring complete healing. Psychological tools and supportive relationships can complement spiritual practice.

## Healing Practices of Trauma from the perspective of Integral Yoga

Here are a few ways, inspired by Integral Yoga, to approach trauma with gentleness and the Mother's presence. These are not quick fixes, but steady movements of consciousness that invite healing and transformation over time:

### Creating a Quiet Space Within to heal trauma

Trauma agitates the mind and nerves. A daily practice of sitting in silence, turning inward, and invoking peace gradually calms these vibrations. No need to "empty the mind" forcefully—simply sit quietly, breathe calmly, and offer yourself to the Mother, asking Her peace to descend into the body and heart.

### Offering the Pain of Trauma

Instead of resisting the wound, offer it inwardly to the Divine. This can be done in words or in a silent gesture of the heart:

*"Mother, here is my pain. I give it to You. May Your light enter and transform it."*

With sincerity, this lightens the burden and opens the wound to healing.

### Working with the Body in order to heal Trauma

Trauma often leaves imprints in the body—tightness, fatigue, restlessness. Awareness of breath, gentle stretching, or conscious relaxation before sleep helps release these knots. One may also place a hand on the painful area and visualize the Mother's light shining there.

### Calling for Help in Difficult Moments of Trauma

When painful memories or fears arise, instead of being overwhelmed, remember the Presence. Repeat a mantra or the Divine's name—such as simply "*Ma*"—and inwardly place yourself in Her arms. This shifts the vibration.

### Patience and Sincerity when healing Trauma

Integral Yoga teaches that deep transformation takes time. Trauma may persist because parts of the being cling to it. Patience—without discouragement—is essential. Sincerity means not hiding from the wound but not letting it define you. Even a small shift—from heaviness to calm, from darkness to a spark of light—is already a beginning of transformation.

### A Gentle Self-Practice to heal Trauma

- Sit comfortably, close your eyes, and breathe naturally. Let thoughts pass like clouds. Imagine vast peace above your head, like a calm sky.
- Bring the Mother into your heart as light or as love and compassion. Silently repeat: *"Mother, I am here. I open myself to You."*
- If heaviness or memory arises, don't resist. Place it in Her hands: *"Mother, I give this to You. Please transform it."*
- Stay quiet, imagining Her light descending into your body, filling your heart, and touching all that needs healing. End with gratitude: *"Thank You, Mother, for being with me."*
- **Important:** Do not worry if nothing "special" happens. Even a moment of calm or the act of offering is powerful. Over time, this builds a rhythm where trauma dissolves into peace and strength.

### Quick Breathing Technique for Trauma relief

For high stress: sit or stand straight. Inhale naturally through the nose, then exhale fully through the mouth, emptying the lungs completely until the abdomen pushes out the last air. Repeat three times for immediate calm.

### Bach Flower Rescue Remedy for Trauma relief

A useful aid is *Rescue Remedy* (found in homeopathic pharmacies and in Auroville pharmacy). Take 3 globules under the tongue every 20 minutes as needed until calm returns. Safe for children and animals as well.

### **Shaking Practice for Trauma release**

Stand near (but not touching) a wall for support. Shake the entire body vigorously, making sure that every body part and limb is included in the movement and ensuring regular breathing. It is best to breathe out while shaking, stretching the out breath as long as possible until the lungs are completely empty. This releases stress, trauma, and anger from the nervous system. Regular practice, morning and evening, can bring noticeable relief.

### **Humming Technique to quieten the mind after a Trauma**

For mental agitation: hum forcefully for 5–10 minutes, morning and evening if possible. Direct the vibration inward, gradually down toward the pelvic floor. This clears the mind and brings peace and balance. It is a powerful way to balance the vagus nerve and hence bring back harmony into the digestive system and other organs in the body.

### **Releasing Attachments after experiencing a Trauma**

If trauma was inflicted by someone, visualize yourself in a circle or a sphere of bright light. Place this person in a separate circle. Connect the two circles with the figure of “8” and trace it repeatedly in your mind or on paper. This cuts unhealthy attachments (anger, resentment, disappointment, rage, the sense of revenge, etc.) without harming true love or goodwill in case it is there between the two people.

### **Cranio-Sacral Therapy for Trauma healing**

After trauma, cranio-sacral therapy from a professional can bring deep relief by realigning the nervous system and improving sleep. Trauma often sends a “shock wave” through the spine, disturbing the body’s natural rhythm. This therapy helps restore balance.

### **Professional Support for Trauma healing**

In cases of repeated trauma (toxic relationships, abusive workplaces), seek the help of a psychologist or psychotherapist. Speaking things out, being heard, and exploring options for change or exit can be essential.

### **Healing Trauma with Nature**

Nature can soothe trauma. Sit by a tree, embrace it, meditate near it, or ask it to absorb your stress. Walking in a forest can also release tension and restore balance

### **A soothing night Practice after experiencing Trauma**

Before sleep: lie comfortably, relax the body with slow breaths. Place your hands on your heart or sides. Turn inward to the Mother, feeling Her as light or presence. Whisper:

*“Mother, I give myself to You for the night. May Your peace protect and heal me.”*

Review the day without judgment and place all burdens in Her hands:

*“Mother, I give You this day. Please transform all that was troubled into peace and light.”*

Visualize Her light descending like a veil over you, surrounding body, nerves, and mind. Fall asleep repeating: *“Mother, I rest in You.”* Over time, this practice brings peace to the subconscious, calms dreams, and lessens inner burdens.



# ANNOUNCEMENTS

## CHARCOAL FOR AGRICULTURAL SOILS

SUNDAY 1<sup>ST</sup> MARCH, PEBBLE GARDEN

### CHARCOAL for Agricultural Soils

Learn from Bernard  
about the amazing role of charcoal  
in revitalizing depleted soils

20 years of practical research  
inspired by  
Terra Preta of the Amazon

1<sup>st</sup> March 2026  
Sunday  
8:00 to 12:00  
Pebble Garden

Whatsapp +91 8148715966  
LIMITED SPOTS  
FREE ENTRY



**Charcoal for Agricultural Soils** - Learn from Bernard's 20 year study and practice.

Sunday 1<sup>st</sup> March 2026, 8:00 to 12:00, Pebble Garden, WA 81487 15966 to Register

## JIVA AUROVILLE



A platform of Aurovilles therapists for therapy, workshops, classes, webinars and professional training.

### Regular offers

- Natural Horsemanship & Horse Assisted Therapy : Daily 8 - 10 am, 4 - 6pm
- Sunday JIVA Breathwork: Sundays with Sigrid: 3:30 - 7pm
- Cosmic Dance Wave: Saturdays with Sandya: 5 - 6:30pm
- Integral Regression Therapy Sessions with Sigrid.

### Upcoming workshops

- 7<sup>th</sup> & 8<sup>th</sup> March Transforming Trauma with Sigrid, 9am - 12:30pm, 2 - 3:30pm
- 22<sup>nd</sup>, 23<sup>rd</sup>, 24<sup>th</sup> March 3 day JIVA Breathwork workshop

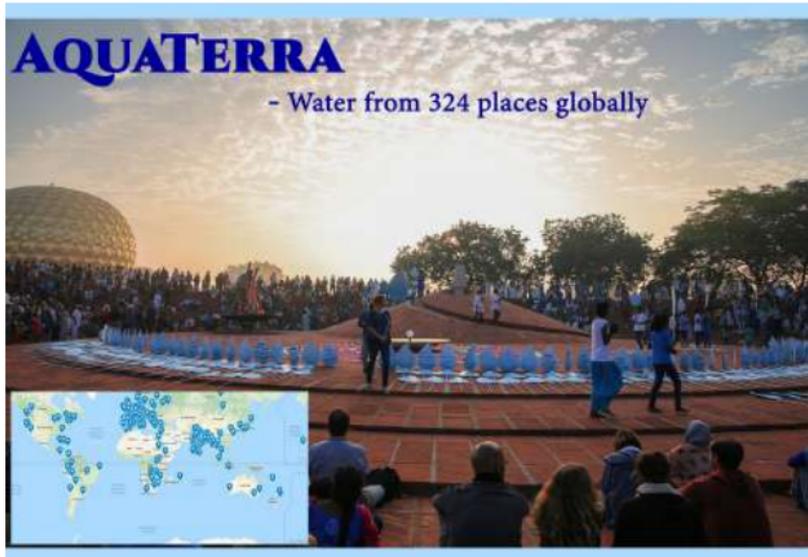
Stay with us, by joining our Webinars !

[contact@auroville-jiva.com](mailto:contact@auroville-jiva.com) / WA 96260 06961

[www.auroville-jiva.com](http://www.auroville-jiva.com) Your journey in healing and transformation.

# AQUA TERRA - PRESENTATION CUM Q & A

FRIDAY 27<sup>TH</sup> FEBRUARY, INTEGRAL HEALTH, PRAYATNA



Aqua Terra - homeopathic essence of Auroville's 50th birthday and water from 324 sources. Explore a deep sense of unity.

💧 Join a presentation cum Q & A with Sigrid Lindemann, senior homeopath and integral regression therapist.

 **Friday 27<sup>th</sup> Feb 4 pm at Integral Health, Prayatna.**

All are welcome

💧 WA 96260 06961 [www.auroville-jiva.com](http://www.auroville-jiva.com) [contact@auroville-jiva.com](mailto:contact@auroville-jiva.com)

## THE INNERBEING PROJECT: SACRED COUPLE: THE FIRST STEP TOWARDS HUMAN UNITY



Dear friends,

The "Sacred Couples" series, initiated by The InnerBeing Project, aims to highlight how the complementarity between two beings — in affective intimacy as well as in work — becomes sacred when it gives birth to a new space from which they can draw knowledge and inspiration in return.

Although this new "organism" has been created by the presence of both, through their benevolence, their love, and the understanding of their own individual mechanisms, it no longer belongs to either of them: it exists and manifests autonomously, for the benefit of both. In this space — far superior in quality, power, and magic to the mere addition of their individualities — they draw at will new abilities for their own spiritual path.

Thus, to the extent that the couple constitutes the first social cell after the isolated individual, this new collective body could well prefigure a larger collective. A collective where individuals would come together and work with mutual love and attention, until creating a new subtle organism that would belong to no one in particular, but would exist for the benefit of all — a space from which each could freely draw their inspirations.

Discover how each of us, in a conscious relationship with our partner, contributes to the building of this larger collective that will lead humanity toward its new reality.

<https://innerbeing.world/couples/>

Since these 2 videos are in French, please, activate your preferred language subtitles in your parameters

*Dan*, for the InnerBeing Project

## AUROVILLE STORIES: 2068

SUN 8<sup>TH</sup> MARCH, MMC - CINEMA PARADISO, TOWN HALL



**Mark Your Calendars!** On Sunday morning, March 8, a group of local storytellers invite you into our experiment of imagining our best futures — individually and collectively. We will share “future memory” stories looking back from Auroville’s 100<sup>th</sup> birthday in 2068 and images by local students, some of which were enhanced using AI, guided by prompts written by the students themselves.

This gathering is not about debate or prediction. It is about exercising our capacity for imagination, which Sri Aurobindo described as a gateway through which new consciousness enters culture. So, where better than Auroville to practice strengthening this “muscle”. You are not just invited as an audience, but as co-imaginiers. Come listen. Notice what resonates. Notice what challenges you. Help us remember our future!

Follow the QR code to join the discussion and contact Daniel Greenberg at [daniel@ic.org](mailto:daniel@ic.org) or +91 92172 52447 with thoughts or questions. Thanks!

## AUROVILLE CYCLOTHON 2026

SUNDAY 8<sup>TH</sup> MARCH, CERTITUDE SPORTS GROUND

**AUROVILLE CYCLOTHON 2026**

Let's celebrate women's day by cycling together

**8th MARCH 2026**

**20Kms | 50Kms | 100Kms**

**10 kms for the KIDS only**

**Venue**  
Certitude, Auroville

**Participants Deliverables**

- T-shirt
- Certificate
- BIB
- Finisher medal
- Refreshments on race day

**Registration starts from**  
**11 February 2026**

**Last date**  
**1 March 2026**

Let's join for a PRIDE ride on women's day in Auroville. Let's pedal together to celebrate women's day. Ride for all categories, Men, women & Kids.

Register now to join us.

08.03.2026 @ Certitude Sports Ground

Register : [www.aurovillesports.in](http://www.aurovillesports.in)

## ASHTANGA YOGA CLASSES WITH MONICA

MONDAY TO SATURDAY, PITANGA

### Ashtanga Yoga

with Monica Marinoni

KPJAYI Authorised  
Level 1 & 2 teacher

Monday - Friday  
9am – 11am (self paced)

Saturday  
9.40am – 11.10am  
(led primary series)

*NO classes on:  
Sundays,  
New & Full Moon days,  
Public holidays*



Ashtanga Yoga, practiced in its correct sequential order, gradually leads the practitioner to rediscovering his or her fullest potential on all levels of human consciousness: physical, psychological, and spiritual. Through the practice of correct breathing (Ujjayi Pranayama), postures (Asanas), and gazing point (Driste), one gains control of the senses and a deep awareness of oneself. By maintaining this discipline with regularity and devotion, one acquires steadiness of body and mind.

Classes with prior registration only. No drop-ins.

Booking with the teacher only:

[marinonimonica@gmail.com](mailto:marinonimonica@gmail.com) – QR code

More information:

[www.monnicamarinoniashtangayoga.com](http://www.monnicamarinoniashtangayoga.com)

or WhatsApp +39 3917254083



Pitanga Cultural Centre, Samasti, Auroville 605 101 | [info@pitanga.in](mailto:info@pitanga.in) | 0413 - 2622403, 9443902403

A service unit of the Auroville Foundation, Health and Healing Trust branch, | GSTIN: 33AAATA0037RY3N

## TAI CHI HALL @ SHARNGA

Daily class timings are

- Mondays and Saturdays: 7:30 - 9:30am
- Tuesdays to Fridays: 7:30 - 9am

No classes on:

- 3<sup>rd</sup> - 7<sup>th</sup> March
- 6<sup>th</sup> - 16<sup>th</sup> April

Contact: [taichi.auroville@gmail.com](mailto:taichi.auroville@gmail.com)



## THE COLOURS OF NATURE GUIDED TOURS, WORKSHOPS & DISCOUNT SALES



30-minute guided tours in the mornings before 11:30 AM or at 4:30 PM. The fee is 1000 INR per person.

Workshops are hands-on textile sessions where you create beautiful patterns with your own hands—relaxed, friendly, and full of discovery.

- **♥ Shibori + Indigo (Resist & Dye)** - Fold, bind, wrap, and stitch your fabric to create resist patterns—then you will dye your finished piece in an indigo vat, revealing bold blues and unexpected details. Every result is unique.
- **♥ Batik + Indigo (Wax Resist & Dye)** - Learn the basics of wax-resist: draw and build your design with wax, create layers, and prepare your cloth—then you will dye your batik piece in indigo to bring your pattern to life with depth and contrast.
- **♥ Embroidery Workshops** - Slow down and enjoy the rhythm of the needle. Learn foundational stitches and techniques to add texture, detail, and personality to fabric—perfect for beginners and for anyone who loves craft.

### Important note:

For now, we are not offering workshops on how to prepare dyes from raw plants (those processes take many days—sometimes weeks—and we're still developing the right format to teach them properly).

Beginners are very welcome—no experience needed. Come with curiosity, leave with something you made.

Reserve your spot. Limited places per session: mob: 63796 61916 / <https://northwestauroville.cynergy-software.com> 🌱



## HIVE COWORKING SPACE

OPEN HOUSE EVERY FRIDAY, AUROMODE



NEED A PLACE TO WORK?

OPEN  
HOUSE



FREE ON EVERY FRIDAY

More Info : +91 90 42 75 95 40 | [www.auromode.in](http://www.auromode.in)

Are you looking to work, study, create or simply connect with like-minded professionals in a serene place? Step into Hive and experience the Cosy workspace with super-fast Internet, Coffee -

-All for **FREE** on our Open House.

- Venue: Hive, Auromode
- Time: 9 am - 7 pm
- Visit us at [www.auromode.in/hive-coworking](http://www.auromode.in/hive-coworking) for more details on our plans and facilities.
- For inquiries: [auromodehive@auroville.org.in](mailto:auromodehive@auroville.org.in) / +91 90427 59540 (WA) / +91 70921 97375 (WA) or drop by.

All are Welcome!!!

## FREE AI MASTERCLASS FOR ALL

EVERY SATURDAY, HIVE, AUROMODE

**AI CLASSES ARE BACK!**  
Restarting with fresh energy

**FREE**

- Prompt Engineering
- Generative AI (GenAI)
- AI Development,
- Data Science

🕒 Every Saturday: 10am to 11am  
📍 Location: Hive, Auroville

Registration: RSVP to +91 9886740850

Join us on this journey once again

Hive  
COWORKING SPACE

Are you looking to transform your future and career with AI? Come Join our **Free AI Masterclass** at Hive Coworking Space facilitated by S M Pandi Subramanian, founder of Enthiram.AI, with over 20 years of pioneering work in AI innovation and solutions.

Open for all, no prior experience needed.

Contact: +91 98867 40850 / [auromodehive@auroville.org.in](mailto:auromodehive@auroville.org.in)

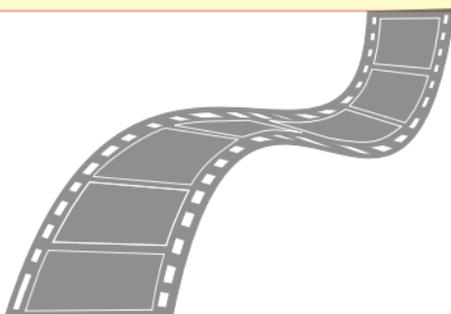
## FROM COFFEE IDEAS (FORMER MARC'S CAFE)



- Every Wednesday we are open from 8:00 AM to 8:00 PM.
- Fermentation classes are held every Saturday from 10:00 AM to 12:00 PM, and are also available on demand.
- For coffee learning at CLC, please check the website for specific classes and schedules.
  - <https://coffeeideas.in/product-category/master-classes/>

Thank you!

*Coffee Ideas (former Marcs Cafe) Team*



## SUPPORT NEEDED

### KEEP CINEMA PARADISO'S MAGIC ALIVE!



#### Keep Cinema Paradiso's Magic Alive – Join Us!

Multimedia Center Auditorium – Cinema Paradiso (MMC-CP)

Community cinemas like ours thrive on the passion of audiences like you. At Cinema Paradiso, core funding barely covers basic maintenance—we pour our hearts into everything else, from fuel to vital upgrades. Post-COVID, budgets vanished, costs skyrocketed, and fewer events slashed our income. Even generator expenses, once externally funded, now land squarely on us.

To sustain the screenings that light up our nights, we're aiming for 8 Auroville units.

**Thrilled to share: FIVE units are already championing us with ₹3,000/month or more each!** We warmly invite **THREE more units** to join this vital circle. Film lovers and individuals, your support counts too—every contribution fuels the magic.

Indian nationals and Auroville unit holders (any nationality) can donate easily via recurring or one-time gifts through the Unity Fund at our Financial Service—straight to MMC – Cinema Paradiso (FS Account #105106). Skip direct payments to avoid our 18% GST burden (though they're welcome if easier). Non-Indian nationals in or beyond Auroville, reach out to AV Unity Fund at Financial Service for seamless guidance.

Your gift keeps the reels turning, sparks joy, and weaves stronger community bonds. **Be the hero in our next chapter—what's your story?**

With deepest gratitude,

Thanking you  
MMC-CP Team

## AVAILABLE



### SKILLFUL HOUSEWORKER AVAILABLE

Due to circumstances beyond her control, Eshama, a very capable houseworker from Kottakarai, is looking for work for three afternoons per week.

Eshama has been working long years for the late Janet Fearn as well as for other long-term Aurovilians, and lately also for some

Mahalakshmi Home residents.

She is a swift worker, has a pleasant presence, has a bike and phone, and has picked up quite some English throughout the years. Can recommend.

If you need an 'amma' for Tuesday, Thursday or Saturday afternoon, get in touch with Mauna, 94431 68323, phone & WA. Thanks!



## LOOKING FOR

### A SECOND HAND LADIES BICYCLE

I would like to purchase a second hand ladies bicycle in good condition.

Please contact me via [sigridauroville@gmail.com](mailto:sigridauroville@gmail.com) or Whatsapp 96260 06961,

Thank you, *Sigrid*



### YEAR LONG HOUSING

Dear Community,

Devna here :)

To *finally* get on with my Newcomer process (yes, I know, it only took me 8 years of being in AV to reach this stage), I am seeking a year long housing agreement ideally in the **Residential Zone, or close to.**

As a single woman, with only a cycle for transportation, I would very much need to find a furnished home (private kitchen + WiFi a *MUST*) close to my place of work (the Library) and other amenities. A very organised/fastidious, clean, responsible, and domesticated person that likes to be at home quite a bit, one can be sure that a space will be very much appreciated and cared for. (I have many references over the 8 years/20+ spaces I've stayed in, please don't hesitate to ask!)

If you know/hear of something, do contact me at [danjummy@gmail.com](mailto:danjummy@gmail.com)

In hope for a suitable year long roof to thrive better/stay in Auroville,

**Thank you in advance!** 😊

Help?



### TAXI SHARING - AUROVILLE TO CHENNAI

TUESDAY 3<sup>RD</sup> MARCH 2026



Looking to share a taxi from **New Creation to Chennai airport**, leaving between 9-10pm.

Contact Florence, [lesbaladantes@gmail.com](mailto:lesbaladantes@gmail.com), +33666999021

### TAXI SHARING - AUROVILLE TO CHENNAI

SATURDAY 21<sup>ST</sup> MARCH 2026

To stay ECO FRIENDLY am very willing to share a taxi from **Auroville to Chennai airport** on **Saturday 21<sup>st</sup> March 2026**.

Departure from Auroville Town Hall at around 8:030PM (20:30).

Please contact via WhatsApp +34685673777 or email: [srimaa221@gmail.com](mailto:srimaa221@gmail.com)

# WORK OPPORTUNITY

## **JOB OPENING: CINEMATOGRAPHER & FILMMAKER (PART-TIME)**

AURORA'S EYE FILMS | AUROVILLE, TAMIL NADU

Aurora's Eye Films is an independent film studio based in **Auroville**, creating documentaries, web series, and visual stories rooted in **conscious living, sustainability, community, and human connection**. We are looking for a **skilled and sensitive Cinematographer & Editor** to join our team on a **part-time basis**.

This role is ideal for someone who enjoys working on meaningful, real-world stories and is comfortable in both collaborative and self-directed environments.

---

### **Role Overview**

As a Cinematographer & Filmmaker, you will be involved in the visual creation of films from concept to completion — including shooting, visual storytelling, and occasional editing support. Projects may include documentaries, interviews, community films, social impact stories, and web series.

---

### **Key Responsibilities**

- Cinematography for documentaries, interviews, and short films
- Operate camera, sound, and basic lighting setups
- Collaborate on visual storytelling and shot design
- Assist in pre-production planning (locations, framing, mood)
- Occasionally support editing, colour grading, or post-production workflows
- Must have own camera

---

### **Skills & Experience**

- Strong cinematography and camera operation skills
- Experience in documentary or independent filmmaking
- Basic knowledge of sound recording and lighting
- Familiarity with editing software Premiere Pro
- Ability to work independently and as part of a small creative team
- A good visual eye, patience, and attention to detail

---

### **How to Apply**

Please send:

- A short introduction about yourself
- Links to previous work or showreel

Email: [serena\\_aurora@aurville.org.in](mailto:serena_aurora@aurville.org.in)

Website: [www.auroraseyefilms.com](http://www.auroraseyefilms.com)

love and light  
Serena



# ACTIVITIES AT SERENDIPITY

## SERENDIPITY CLASSES

(Ex. Joy Community in front of Center GH)

Center Field, Auroville - 605101, Tamil Nadu, India

Landline: +91 (0)413 350 9950

Mobile/Whatsapp: +91 93856 23342

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

<https://serendipity.auroville.org>

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



## REGULAR CLASSES FOR MARCH:

### Hatha Yoga with Ramesh

- Monday and Thursday from 5:30 - 6:45pm and Saturday 7:30 - 8:45am - 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 rejuvenative and restorative. These specific classes will be on donation basis even for guests.

### Tibetan Bowls - Sound Healing with Pratik

- Friday 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.

## WORKSHOPS

### CREATIVE VOICE SOUND HEALING

EVERY THURSDAY, HALL OF LIGHT, CREATIVITY

#### HALL OF LIGHT CREATIVITY COMMUNITY AUROVILLE



#### CREATIVE VOICE SOUND HEALING

EVERY THURSDAY  
FROM 5 TO 6,30 PM

Experience vocal techniques,  
breathing, toning, singing,  
dancing, etc

To promote relaxation, self  
discovery, emotional release,  
free expression and happiness.

We discover our heart voice  
through singing.

Exploring our different voices  
and small instruments.



NO EXPERIENCE NEEDED  
NO REGISTRATION  
AUROVILIANS AND NEWCOMER FREE  
CONTRIBUTION  
300 Rs FOR GUEST

CONTACT: lola 9443069335.

# CULTURAL ANNOUNCEMENTS

## LIKE A MOON SHINING ON A THOUSAND RIVERS CERAMIC WORKS BY PRIYA SUNDARAVALLI

13<sup>TH</sup> FEB - 1<sup>ST</sup> MARCH, ANANDA RANGAPILLAI STREET



**Like a Moon Shining on a Thousand Rivers**  
Ceramic works by Priya Sundaravalli

Exhibition Dates: 13th February to 1st March, 2026  
(Closed on 16th and 23rd February)

Exhibition Timings : 9.30 a.m. to 11.30 a.m. | 4.30 p.m. to 7.00 p.m.

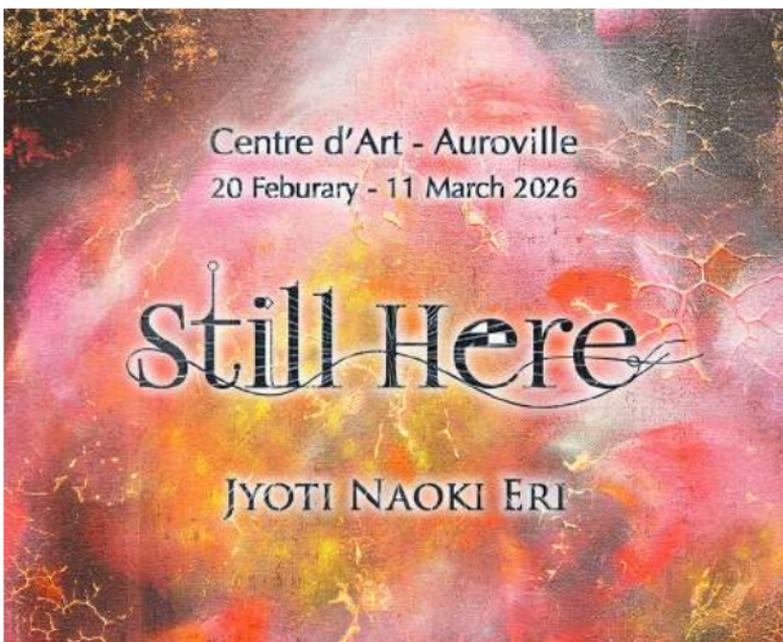
Exhibition House : No.2, Ananda Rangapillai Street,  
Pondicherry-605001 | South Gate Entrance

<https://exhibition.sriaurobindoashram.org>



## STILL HERE BY JYOTI NAOKI ERI

20<sup>TH</sup> FEBRUARY - 11<sup>TH</sup> MARCH, CENTRE D'ART



Time, in the physical world, is one of the few universally shared dimensions—beyond ownership or control, at least for the time being. Spiritually, however, I experience time as neither linear nor fixed, but as multidimensional and all-encompassing. It often feels supple and fluid. In my artistic practice, time functions as a fundamental medium, shaping conception, process, and creation. Establishing a conscious relationship with time is essential to transforming inspiration into form. My ongoing series, A Time Trilogy, explores and visualizes these layered perceptions of time.

Drawing from Eastern landscape traditions such as *Sansui* (山水), my paintings dissolve the boundary between subject and background. Nature dominates the frame, while human presence is minimal or symbolic, emphasizing inner nature and spiritual connection. These landscapes reflect my inner states and invite the viewer into the work, rather than positioning them as a distant observer.

This approach is central to *Archaeology of Transcending Light* (A.O.T.L.), in which I reimagine landscape through contemporary abstraction, inspired by introspection and an inward process of concentration. The act of finding the Self feels like an archaeological excavation—as if uncovering ancient treasures. In this sense, past and future appear fluid and, ultimately, interchangeable.

The Japanese concept of *Ma* (間)—the space between—also deeply informs my practice. I understand *Ma* as a realm where duality comes to rest, where silence, space, and subtle perception allow meaning to emerge. In Tibet, the intermediate state between life and death is called *Bardo*—a realm in which different forms of life force are encountered and engaged. I find these cultural connections deeply resonant. This sensibility extends into my sound installations, which focus on atmosphere, frequency, and silence rather than structure, inviting deep listening and introspection.

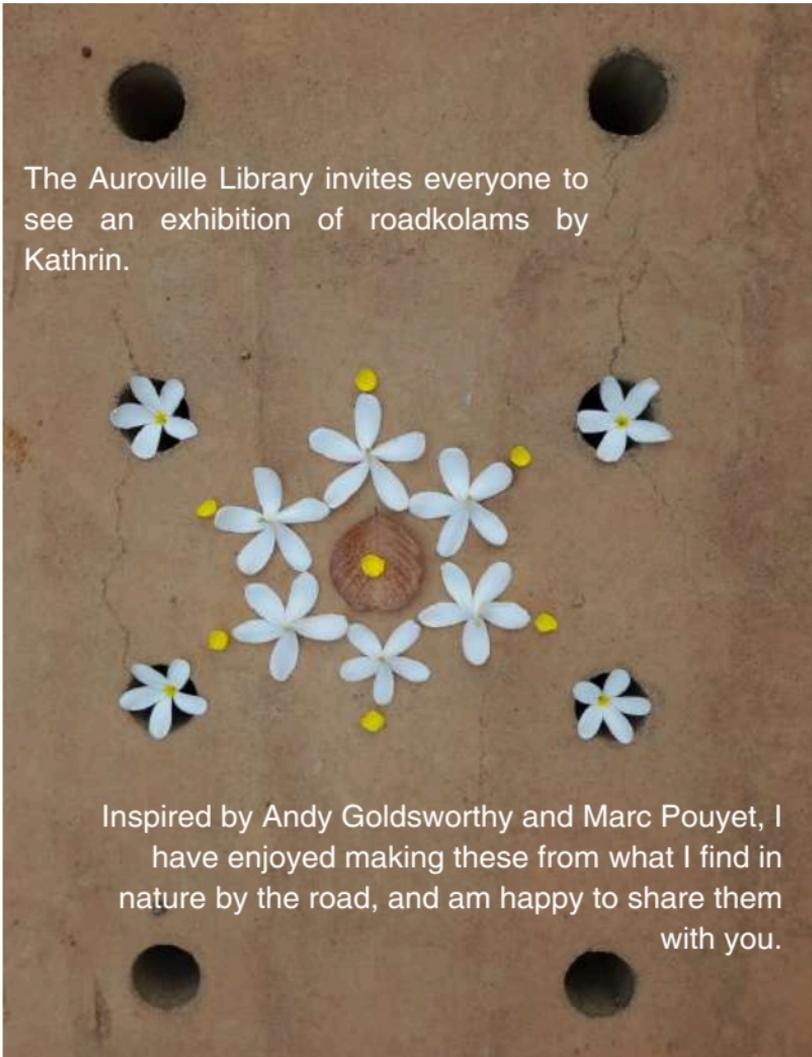
Rooted in Eastern philosophy and informed by modern science, my work seeks a meeting point between spirituality and contemporary thought. This exhibition offers a contemplative space in which viewers may encounter stillness, expanded awareness, and unseen dimensions of reality.

*Jyoti Naoki Eri*

- From **Friday 20<sup>th</sup> February to Wednesday 11<sup>th</sup> March 2026**
- Tue to Fri 2-5.30, Sat 10-12.30 / 2-5.30
- Morning by appointment
- Centre d'Art Auroville

## **ROADKOLAMS BY KATHRIN H**

FROM MONDAY 2<sup>ND</sup> MARCH, AUROVILLE LIBRARY



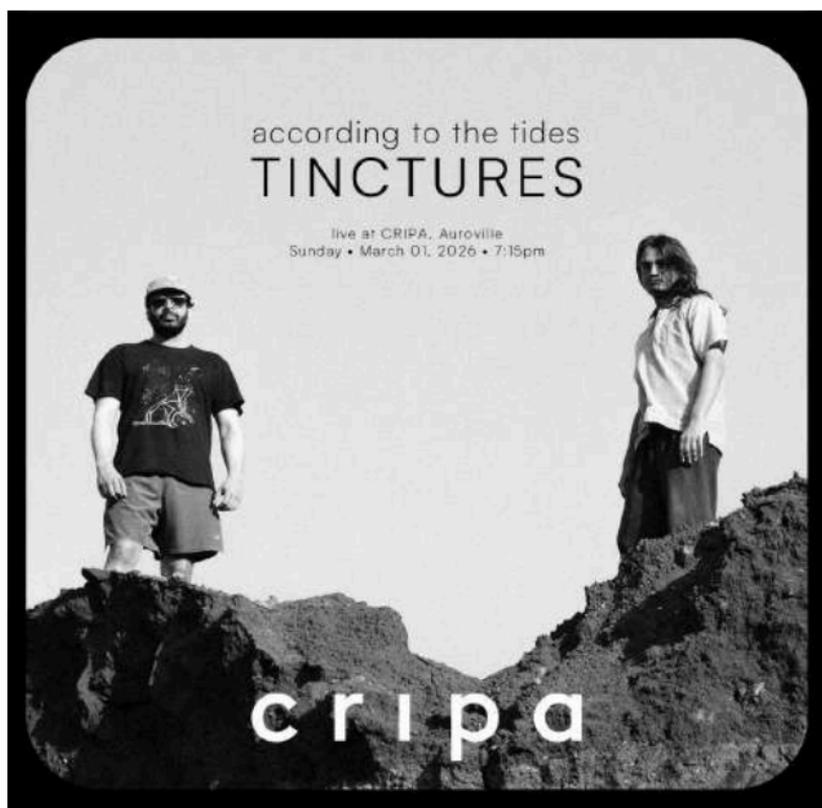
The Auroville Library invites everyone to see an exhibition of roadkolams by Kathrin.

Inspired by Andy Goldsworthy and Marc Pouyet, I have enjoyed making these from what I find in nature by the road, and am happy to share them with you.

## AT CRIPA

### TINCTURES - ACCORDING TO THE TIDES

SUNDAY 1<sup>ST</sup> MARCH



Tinctures is an eclectic piano–guitar duo from Bangalore and Berlin, exploring the space between consonance and dissonance through lush, attentive soundscapes. Formed by Aman Mahajan (piano) and Nishad Pandey (guitar), their music blends classical, jazz, and Indian traditions into evolving, genre-free performances.

This concert marks the finale of their India tour and celebrates their upcoming EP *According To The Tides*. Rolling Stone called their album *Heads and Tales* “an important new record in Indian jazz lore.”

 : Sunday 1<sup>st</sup> March

 : Show starts at 7:30pm

 : Food & drinks served from 6:30pm

 : Cripa, Auroville

Free entry - open to all - contributions welcome

### YOUTH CHOIR END OF SEASON CONCERT

SATURDAY 14<sup>TH</sup> & SUNDAY 15<sup>TH</sup> MARCH



Join us for a special evening of music as our Youth Choir celebrates the end of the season with a beautiful and inspiring concert.

 : Saturday 14<sup>th</sup> & Sunday 15<sup>th</sup> March

 : Show starts at 7:30pm

 : Food & drinks served from 6:30pm

 : Cripa, Auroville

Limited seating available, please book your free tickets in advance by scanning the QR code.



## JOIN A NEW CHOIR IN AUROVILLE

EVERY TUESDAY



JOIN THE  
**CHOIR**  
TUESDAYS 8 TO 10 PM  
CRIPA

Simple but powerful polyphonies — high and low voices meeting in harmony.  
Sing if you wish, laugh, feel, and let yourself be carried by the beauty of voices weaving together.

Contact Jonas on whatsapp  
+49 176 45775378

Prior experience in singing is not required!

Simple but powerful polyphonies - high and low voices meeting in harmony.

Sing if you wish, laugh, feel, and let yourself be carried by the beauty of voices weaving together.

We'll open with a voice warm-up, moving through the rhythms of our bodies and breaths, connecting with self and others.

Feel free to talk about it to anyone who likes to sing.

Prior experience in singing is not required!

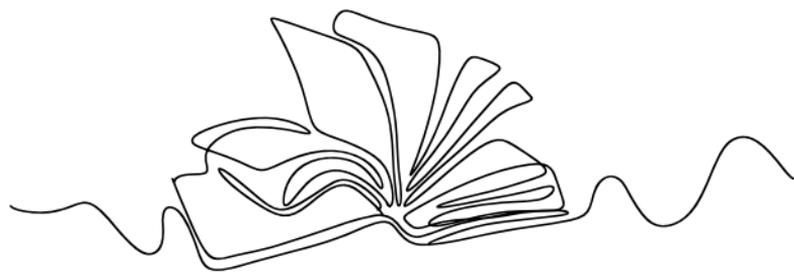
See you soon 🌸

 : **Tuesdays**

 : **8 - 10pm**

 : **Cripa, Auroville**

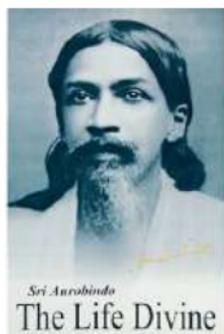
For more information contact Jonas on WhatsApp at: +49 176 45775378



## FOR THE BOOKWORMS

### WEEKLY READINGS OF THE LIFE DIVINE

EVERY FRIDAY, AUROVILLE LIBRARY



Weekly Readings of The Life Divine  
with Balvinder, at AUROVILLE LIBRARY

**Fridays, 4:30 - 5:30pm**

(from 23 January 2026)

All are welcome.

## AUROVILLE LIBRARY FREE SHELF IS UP AND RUNNING!

The AV Library has set up a shelf of free books (formerly at the Freestore) for anyone to take and enjoy. It is outside the main library and anyone is welcome to take or drop off books or magazines at their convenience.

**We kindly request you to only bring publications in decent condition, and NO waste paper.**

Please note that this service is only available during library working hours from 9:00-4:30pm Mon-Sat, except on Tuesdays, when we are open in the evenings from 4-6:30pm.

Come visit us!

The AV Library is a treasure trove of amazing books.



### FOOD

## FOOD FOREST TOUR & SUNDAY BRUNCH

EVERY SUNDAY, LA FERME COMMUNITY



## FOOD FOREST TOUR & SUNDAY BRUNCH

Living Foods & Vegan Ice Cream Making

**Every Sunday, 9-11 AM**

La Ferme Community  
(5 min from AV Bakery)



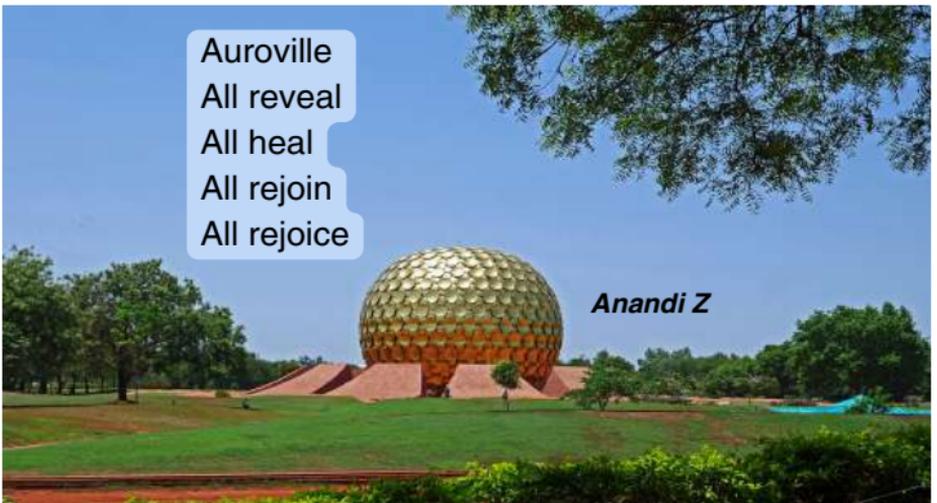
WhatsApp Sarah: 9047421044

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

### POETRY

Auroville  
All reveal  
All heal  
All rejoin  
All rejoice

*Anandi Z*





Dear Aurovilians,

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

- [Marlenka's weekly Offering – Ep.165](#) (Literature)
- [Sri Aurobindo's "The Life Divine" read by Deepti Tewari-B 1, C 25: "The Knot of Matter"](#) (Sri Aurobindo)
- ["Humanity 2.0" by Aviram Rozin with Jazz - A Book Read by Shalev - "Prologue"](#) (Society & Conscious Living)
- [Une série hebdomadaire de lectures par Gangalakshmi – Ep.526](#) (Integral Yoga)

## Upcoming Video - Join Us Live

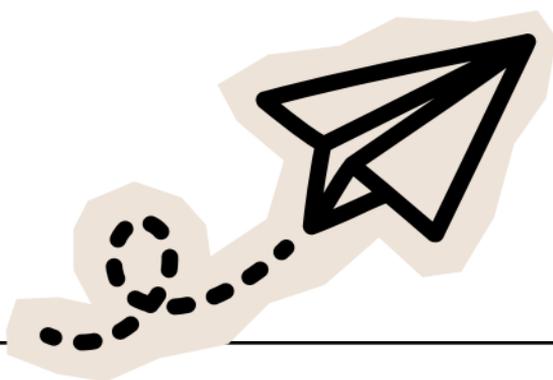
- [Auroville's 58th Birthday - Dawn fire Meditation 2025 - Live stream from Matrimandir Amphitheater](#)

....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



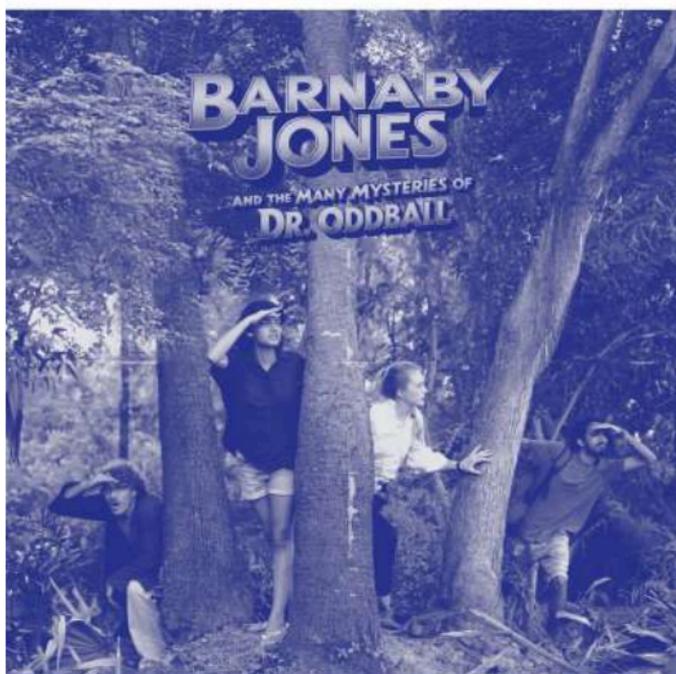
## CINEMA

### 2 SHORT FILMS - A SPECIAL SCREENING

FRIDAY 6<sup>TH</sup> MARCH, MMC AUDITORIUM, TOWN HALL

Welcoming you to a special screening of 2 short films I had the chance of acting in. Made by 2 separate teams of highly creative minds. I'm honoured to share with the community:

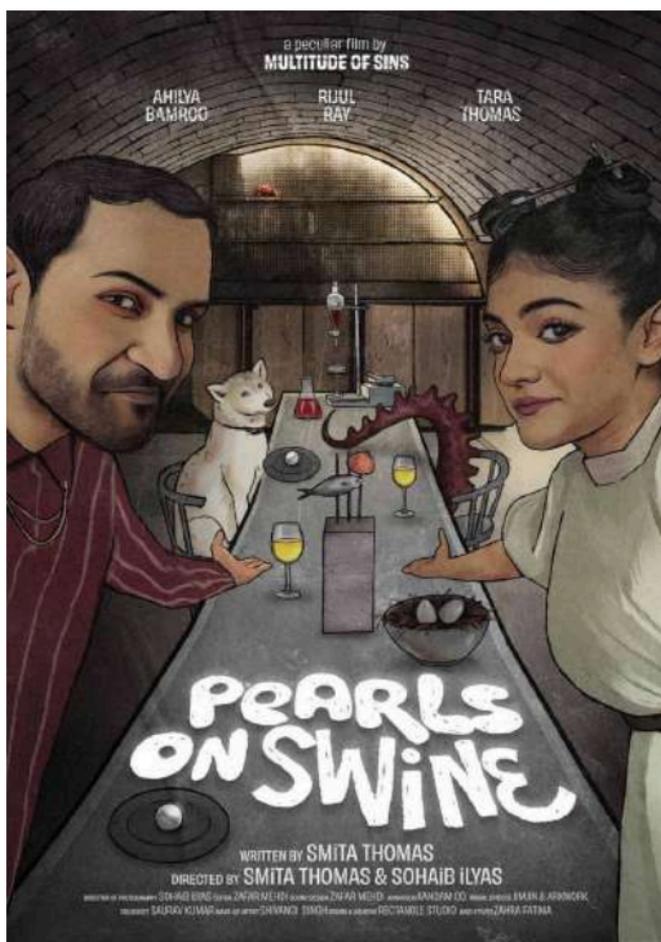
A FILM by Jonak Joey Chakrabarti.



Written, Directed and Shot by Jonak Joey Chakrabarti.  
Edited by Wanas Chakrabarti, Neferiti Tili Chakrabarti and Anow Kahan.  
Starring: Gijis Spoor, Ahilya Barman, Bhavya Trivedi, Lili Deskhause and Lucas Simon Zbinden.  
With: Pragada Yves, Joseph Liam Buckley, Amrit Zolban, David Zbinden, Nico Earmy, Ailya Mukherjee, Anjo Mukherjee.  
Mae Van Alphen, Roshan Prieto, Yolan Zalay, Jonas, Surya, Harjo, Nirvi Chakrabarti, Sijmen Spoor, Sator.

**BARNABY JONES  
AND THE MANY MYSTERIES OF  
DR. ODDBALL**

# Special!



- “Barnaby Jones and The Many Mysteries of Dr. Oddball” by Jonak Joey
- “Pearls on Swine” by Smita Thomas and Sohaib Ilyas

**Friday 6th March, 7:30pm** at MMC Auditorium, Town Hall, Auroville

Duration: 90 minutes

Hope to see you there <3

Ahilya

## **CINEMA PARADISO PRESENTS : IN THE CIRCLE OF LIFE**

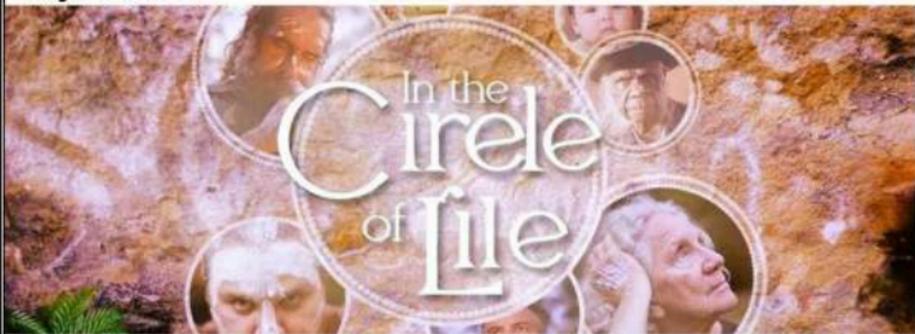
**THURSDAY 5<sup>TH</sup> MARCH, MMC AUDITORIUM, TOWN HALL**



### **Cinema Paradiso Presents**

On Thursday, 5 March 2026 @ 8pm @ MMC Auditorium, Auroville

**Zaya Benazzo's**



### **In the Circle of Life**

USA, 2026, Dir. Zaya Benazzo w/ Judy Atkinson, Kylie Marjambi, Uncle Paul Gordon, and others, Documentary, 75mins, English w/ English subtitles, Rated: NR (PG)

Across Australia, ancient songlines reverberate with ancestral memory, guiding the footsteps of Aboriginal Elders, artists, and communities. This film invites audiences into a living tapestry where dance, ceremony, and language are not only cultural treasures but acts of resilience against the scars of colonization. It is a stirring journey that celebrates survival, honors tradition, and reveals the timeless heartbeat of land and people. A cinematic experience that uplifts, inspires, and reminds us of the enduring strength of heritage.

*We thank Science and Non-Duality (SAND) for this generous sharing, the fifth in a continuing series that will continue to move and inspire in the months ahead..*

A single screening. An unmissable experience.

Your generous support helps to sustain and grow this community space.

**EVERY CONTRIBUTION COUNTS!**



# Cinema Paradiso

Multimedia Center (MMC) Auditorium

Film program : 2<sup>nd</sup> - 8<sup>th</sup> March 2026

*Cinema Paradiso programs at the MMC warmly welcome the community. Doors open 15 minutes before showtime and close once the film begins, so please arrive on time.*

*For everyone's enjoyment, kindly avoid crossing in front of the screen or using mobile phones when lights are off. Food and beverages are not permitted inside the hall.*

## **INDIAN - MONDAY 2 MARCH, 8:00 PM:**

### **• RANNA BAATI (PLAYING KITCHEN)**

India, 2025, Writer-Dir. Pratim D. Gupta w/ Sohini Sarkar, Ritwick Chakraborty, Ida Dasgupta, and others, Drama, 122mins, Bengali w/ English subtitles, Rated: U/A (PG-13)

Widowed Shantanu struggles as his teenage daughter Mohor drifts into defiance and distance. In his effort to reconnect, he discovers a handwritten recipe and reflection book left behind, revealing how Mohor and her mother bonded through cooking — a world he never knew. This sparks a tender journey where simmering dishes revive memories, heal grief, and let love find new language in food, binding generations together. *A tender flavorful story!*

## **POTPOURRI - TUESDAY 3 MARCH, 8:00 PM:**

### **• BIG NIGHT**

USA, 1996, Dir. Campbell Scott & Stanley Tucci w/ Tony Shalhoub, Stanley Tucci, Marc Anthony, and others, Drama, 109mins, English Italian w/ English subtitles, Rated: R

In this much awarded film, brothers Primo and Secondo run a struggling Italian restaurant on the Jersey Shore. With rival Pascal thriving, they risk everything on one lavish banquet to impress a celebrated guest. As ambition collides with artistry, food becomes the battleground for loyalty, dreams, and the fragile hope of redemption.

## **SELECTION - WEDNESDAY 4 MARCH, 8:00 PM:**

### **• DALVA (LOVE ACCORDING TO DALVA)**

France-Belgium, 2022, Writer-Dir. Emmanuelle Nicot w/ Zelda Samson, Alexis Manenti, Fanta Guirassy, and others, Drama, 93mins, French w/ English subtitles, Rated: NR (R).

*This film is being brought to you in collaboration with Alliance Française.* At twelve, Dalva has been raised to believe she is already a woman. Taken abruptly from her father's home, she resists the world until fragile bonds with Jayden and Samia reveal painful truths. Through friendship and revelation, she begins to reclaim childhood and confront love, control, and survival — in this award-winning drama.

## **INTERESTING - THURSDAY 5 MARCH, 8:00 PM:**

### **• IN THE CIRCLE OF LIFE**

USA, 2026, Dir. Zaya Benazzo w/ Judy Atkinson, Kylie Marjambi, Uncle Paul Gordon, and others, Documentary, 75mins, English w/ English subtitles, Rated: NR (PG)

Across Australia, ancient songlines echo ancestral memory. Guided by Aboriginal Elders, artists, and communities, the film reveals how dance, ceremony, and language preserve culture while bearing the scars of colonization. A powerful journey of resilience and the timeless heartbeat of land and people. *We thank SAND for this generous sharing, the fifth film in a series that will continue to move and inspire in the months ahead. Can't miss!*

***Your generous support to help sustain  
and grow this community space.  
EVERY CONTRIBUTION COUNTS!***

## INTERNATIONAL FILM - SATURDAY 7 MARCH, 8:00 PM:

- **ÚSVIT (WE HAVE NEVER BEEN MODERN)**

Czech Republic-Slovakia, 2023, Dir. Matej Chlupacek w/ Eliska Krenková, Miloslav König, Milan Ondrik, and others, Drama Mystery, 117mins, Czech w/ English subtitles, Rated: NR (R)

Pregnant Helena Hauptová arrives in a new industrial town with her husband Alois, dreaming of a modern utopia. When the body of a newborn intersex child is discovered in their factory, Helena defies secrecy and prejudice to uncover the truth — an award-winning film, whose original title means “Dawn,” symbolizing awakening.

## CHILDREN’S MATINEE – SUNDAY 8 MARCH, 4:00 PM:

- **L.M. MONTGOMERY’S ANNE OF GREEN GABLES: THE GOOD STARS**

USA-Canada, 2017, Writer-Dir. John Kent Harrison w/ Ella Ballentine, Sara Botsford, Martin Sheen, and others, Family, 88mins, English w/ English subtitles, Rated: G

Spirited orphan Anne Shirley embraces new adventures at Green Gables with Marilla and Matthew Cuthbert. From sleepovers and culinary mishaps to shifting friendships with Diana Barry and rival Gilbert Blythe, Anne’s imagination lights the joys of growing up. *We bring this tale to children on International Women’s Day, celebrating courage and wonder.*

## CLASSIC WORLD CINEMA @ CINÉ-CLUB

### CINÉ-CLUB SUNDAY 8 MARCH, 8:00 PM:

- **FRIDA**

USA, 2002, Dir. Julie Taymor, w/ Salma Hayek, Alfred Molina, Jeffrey Rush, and others, Biography–Drama, 123mins, English–Spanish w/ English subtitles, Rated: R.

This is the true story of Frida Kahlo and her husband Diego Rivera, the larger-than-life painters who became the most acclaimed artists in Mexican history, and whose tempestuous love affair, landmark journeys to America, and outrageous personalities made them legendary.



**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 Auditorium, kindly email us at [mmcauditorium@auroville.org.in](mailto:mmcauditorium@auroville.org.in).**

**Support MMC-CP: Every Contribution Counts:** Like cultural spaces worldwide, MMC-CP relies on local financial support to thrive. If you value the films and programming we offer, consider a one-time or recurring donation via the Unity Fund to Account #105106.

*If you have an innovative fundraising idea and are willing to take it forward, we’d love to hear from you. Email and share your proposal and let us know how you’d like to be involved.*

Thanking You,  
MMC/CP Group

Account# 105106 | Email: [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:

#### Mornings:

- Monday to Saturday : 9am - 12:30pm

#### Afternoons:

- Mon, Wed, Thurs, Fri & Sat: 2pm - 4:30pm
- Tuesday : 4pm - 6:30pm

#### **Children's Storytime! All ages welcome!**

- Every **Saturday** between 10am - 11am.
- **Phone** : 0413 350 9191
- **Email:** [avlib@auroville.org.in](mailto:avlib@auroville.org.in)
- **Website:** <http://library.auroville.org.in/>





**Be not afraid of going slowly, be afraid only of standing still**

Chinese Proverb

## HEALTH

### SANTÉ SERVICES IN JANUARY 2026

*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. Joseph, Dr. Pavan &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 / Tues / Wed / Fri	<b>Homeopathy with Michael:</b> Monday / Wednesday / Saturday
<b>Physiotherapy &amp; Massage with Galina:</b> Monday to Friday	<b>Physiotherapy with Arun:</b> Monday to Friday
<b>Midwifery &amp; GYN Care with Paula:</b> Monday & Wednesday	<b>Integrative Psychotherapy with Juan Andres:</b> Monday to Friday
<b>Holistic Therapy with Louis Patric:</b> Monday to Friday	<b>Soundbed Session with Sandhya / Thilagam:</b> Monday to Saturday
<b>Bio-Well Assessment</b> (Evaluation of your well-being) with Helena – inquiry email <a href="mailto:adminsante@auroville.org.in">adminsante@auroville.org.in</a>	

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.**

#### A short introduction of the Doctors team:

**Dr Pavan** is a Consultant General Physician, Integrative Medicine Specialist (Holistic Approach) trained under Dr. Andrew Weil (USA), Longevity Doctor (helps people live healthier, stronger, longer), Lifestyle Medicine Specialist at Sante since 1.5 years

addressing Auroville's General Health needs & strongly impacting preventative health, longevity. In many people, he had proven success in reversing Prediabetes, Type 2 Diabetes, High Blood Pressure, Insulin resistance, High Cholesterol, Hormonal Imbalance, Mental Health with his approach empowering the community which he thinks is already a Blue Zone.

**Dr. Sana** provides general medical care, chronic illness support, and preventive health consultations at the clinic and via home visits four days a week (booked through reception), and is working with an intention to deepen her engagement in palliative care.

**Dr Joseph**, studied medicine at State University Moscow and has a private practice in the rural area in Tamil Nadu, Trichy for the last 18 years. Attracted to Auroville to explore a different approach to life and health. He has a certification in diabetology (CCD) and Family Medicine & trained to attend pediatric cases. He is familiar with ultrasound therapeutic equipment for pain relief and is able to perform minor surgeries using the Surgitron (radio wave surgery device).

## HEALTH CENTER - KUILAPALAYAM

**Contact:** 0413 291 0005

**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)

## SPRING AND LIVER SUPPORT WITH AYURVEDA AND HEALTHY PLANTS



The sun comes back to the northern hemisphere and days are warmer but nights are still chilly. The change of season makes the body vulnerable. Spring is part of a 3-season period (late winter, spring, summer) where the sun becomes stronger and sap the energy we regenerated during monsoon and early winter.

In winter, Kapha (water and earth elements) accumulated in the body to protect us from the cold. With the warmer days, Kapha starts moving, cheerful with good energy, waking up from a restful winter and wants to get rid of its layer of fat that is no longer in need to keep warm.

**A healthy Kapha** shows in the body with lots of strength and stamina, a strong immune system and a steady and stable mind with a sense of duty, Kapha has goodwill, is warm hearted, generous and receptive, accommodating.

If Kapha is imbalanced, it becomes stagnant and heavy, it shows lethargy, fatigue, loss of appetite or low digestive power leading to colds, cough with mucus, slight fever, tonsillitis, sore throat, lung congestion, allergies, hayfever, frontal dull headaches, sinusitis, cravings for sweet, heaviness/overweight...

And in the mind, Kapha feels sad, confused, dull, lazy, feeling of not being loved/cared/heard, greedy...

Kapha characteristics (gunas) are cold, heavy, oily, sticky, dense, stable (imbalanced, it changes to stagnant). To rebalance Kapha,

we need to give the opposite characteristics: hot/warm, light, dry, mobile and fluid in the food (to stimulate the digestive power Agni) and the activities to decongest Kapha and to help the liver to remove the stagnation:

### With the food:

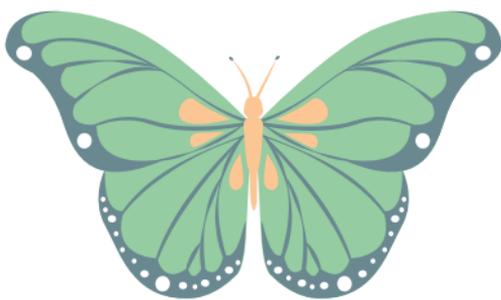
- Most beneficial: Fasting a day a week
- Eat warm, cooked, easy to digest with predominantly bitter, astringent and spicy tastes
- **Proteins:** Black beans, chickpeas, lentils, mung dal, dals, dried peas, dried beans, pinto beans, red beans (rajma), soya beans (green gram), tempeh, cooked tofu, horse gram, white meat, eggs, small fishes, pumpkin seeds, goat milk
- **Vegetables:** Bitter vegetables: bittergourd, fenugreek (mehti), green leafy vegetables (cabbage, steamed green salads, lettuce, rucola, spinach), artichokes, ashgourd, beetroots, bottlegourd, broccoli, carrots, cauliflower, celery, chow-chow, drumstick (moringa: leaves of drumstick tree), eggplant, green beans, leeks, peas, peppers, pumpkin, radish, cooked tomato, zucchini
- **Good source of sweet taste:** in the cereals (amaranth, barley, buckwheat, red rice, millets, dry oats), in the fruits (pomegranate, apple, dry apricot or raisin, chiku, papaya, grape, pear, figs)
- **Spices:** all the spices are good, red chilli with moderation
- Ghee or cold pressed sesame/olive/sunflower oils
- **Beverages:** herbal teas (camomile, cinnamon, fennel, ginger, peppermint, tulsi, karpooravali, yerba mate, roibos), warm water with honey, cranberry juice, barley grain coffee, grape juice, pomegranate juice, warm and spiced soya milk, masala tea (without milk), green tea
- **Ayurvedic plants and preparations:** Neem, Tulsi, Amla, Triphala, Karpooravali, Panchakola (ayurvedic digestion booster), Trikatu (ginger, black pepper, pippali), Sitopaladi churna (for cold, coughs), Talispatradi Vayam (for chest congestions, coughs with mucus), Mix powders of ginger, turmeric, black pepper, all above can be mixed with honey
- **Liver support:** Bhumyamalaki (Keezhanelli) decoction – 20-30ml in the morning before breakfast. Apple Cider vinegar (1tsp) + grated fresh turmeric (1/2tsp) + sip of water: before lunch for 3 weeks
- **Walk 100 steps after lunch.**

### Daily routine:

- **Great principle:** keep the stamina strong
- Early morning, clean the nasal cavity and sinuses with Anu Tailam (2-3 oil drops in each nostril)
- Shower or bath with warm water
- Keep body warm (especially at night)
- Physical exercise: min 30 minutes per day
- Yoga (sun salutation, forward bends, chest openers, and backward bends as well as poses that stretch, compress, stimulate, and cleanse the solar plexus)
- Pranayama (Kapalabhati, Bhastrika)
- Fumigation: eucalyptus, neem, sage.

Wishing you a cheerfull Vasanta

Be @ Santé Clinic



# MATRIMANDIR ACCESS INFORMATION

IMPORTANT ANNOUNCEMENT REGARDING THE  
CHANGE IN TIMINGS EFFECTIVE FROM 1 FEB 2026.

## Access to the Park of Unity

- The Matrimandir, the Petals, the Lotus Pond and the Banyan Tree are areas of silence.
- The Park of Unity is open to Aurovilians and registered Newcomers daily, 6am-7:30pm.
- Aurovilians may bring close family and friends (maximum 3) to the Gardens only daily, 9am-3:30pm.
- **Aurovilians bringing children under the age of 10 to visit the Gardens may do so only after 11.30am except Tuesday when they can come from 9am to 11am.**
- Aurovilians wishing to bring close family to the Gardens at any other time should inform [mmconcentration@auroville.org.in](mailto:mmconcentration@auroville.org.in) before 11am on the day of the proposed visit.
- Registered Volunteers and Donors 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, Registered Newcomers, Volunteers, Pass holders and Guests. Guests should bring their Aurocards.
- Savitri Readings on Thursday evenings: Guests holding only Aurocards wishing to attend should book by filling in the form at <https://bit.ly/savitri-reading> one or two days in advance.
- Visits to the Park of Unity and Inner Chamber should not be included in the program of any conference or workshop. Participants should be directed to the Viewing Point.

## Access to the Inner Chamber of the Matrimandir for Aurovilians, Newcomers and registered Volunteers

The Matrimandir is a place for silent individual concentration

- The Inner Chamber is open to Aurovilians and registered Newcomers:

Monday – Saturday	6:00 am - 8:00 am, 4:30 pm - 7:30 pm
Sunday	6:00 am - 12:00 pm, 4:30 pm - 7:30 pm
- The Inner Chamber is open to **registered Volunteers**:
  - Every day, 4:30pm - 6:00pm.
  - Volunteers are requested to come and get their revised passes between 10:00 am to 10:30 am from the Matrimandir office with prior booking at [matrimandir@auroville.org.in](mailto:matrimandir@auroville.org.in)
  - **It is obligatory for the volunteers and pass holders to carry the pass with them.**
- **The Inner Chamber is open to Aurovilians wishing to accompany a maximum of 3 close family members and friends no more than once in two weeks, with booking 3 to 5 days in advance to [mmconcentration@auroville.org.in](mailto:mmconcentration@auroville.org.in):**

Any day except Tuesday & Sunday,	<u>8:00 am - 8:25 am</u>
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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 - 11:00 am
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- 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 - 8:30 am
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## Petals of the Matrimandir

- The Petals are open to Aurovilians, registered Newcomers, and Pass holders

Daily	7:00 am - 8:00 am, 5:00 pm - 6:00 pm
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## Access to Matrimandir for Visitors and Guests

**Matrimandir Viewing Point:** The Viewing Point is open to the general public on presentation of a Pass. Visits to the Matrimandir Viewing Point are free of charge. Free passes can be obtained at the Auroville Visitors Centre.

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

Starting from the Visitors Centre.  
Daily, 9:00 am - 5:30 pm

**The Inner Chamber** of the Matrimandir is open to Visitors and Guests by prior booking only. Visitors and Guests seeking to concentrate in the Inner Chamber are requested to inquire at the Information Desk of the Visitors Centre after first visiting the Viewing Point, or to go to the website: [auroville.org](http://auroville.org)

- Prior booking is required to access the Inner Chamber at least one or two days in advance. Bookings for concentration are given for the following or the first free day as per availability and are accepted only up to one week in advance. Minimum age 10 years.
- The Petals are open to Visitors on the morning of their Inner Chamber visit.

### Security

Please note that it is not permitted to

- Swim in any of the ponds, the channel and the Lake except the Children's ponds in the Garden of Youthfulness
- Throw pebbles into the ponds and fountains
- Pick flowers in the Gardens
- Climb to the very top of the Petals.

Parents, please supervise your children at all times.

**Bags, cameras and cell phones** should be left in the lockers or the Access office.

Please no photography, videos or drones without prior permission. For permission, please write to [matrimandir@auroville.org.in](mailto:matrimandir@auroville.org.in).

*Antoine for Matrimandir Executives Team*

**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**