

Auroville

NEWS & NOTES



No 1115 - A weekly bulletin for residents of Auroville

5 March 2026

RA EDITION

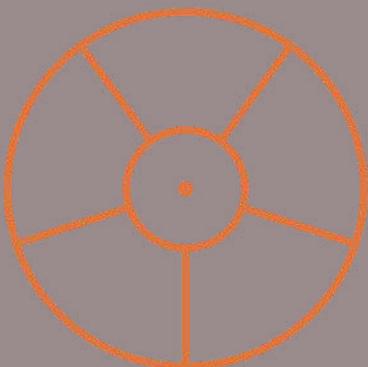


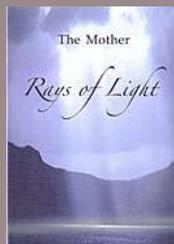
PONDERING

Ambitious plans generally fall flat. It is better to go slow and steady.
Be steady and patient—everything will be all right.

The Mother, 22 May 1934, Steady Effort, Words of the Mother II

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





First Edition 1997, Fifth Impression 2011
 © Sri Aurobindo Ashram Trust, 1997
 Published by Sri Aurobindo Ashram Publication
 Department, Pondicherry, 605002
 Web <https://www.sabda.in/>
 Printed at Sri Aurobindo Ashram Press,
 Pondicherry

THE BASES OF YOGA

THE DIVINE GRACE

page 35

The Supreme has sent his Grace into the world to save it.

*

Above all the complications of the so-called human wisdom stands the luminous simplicity of the Divine's Grace, ready to act if we allow It to do so.

21 February 1965

*

Who is worthy or unworthy in front of the Divine Grace?
 All are children of the one and the same Mother.
 Her love is equally spread over all of them.
 But to each one She gives according to his nature and receptivity.

*

The Grace is equally for all. But each one receives it according to his sincerity. It does not depend on outward circumstances but on a sincere aspiration and openness.



Artistic Sensitivity

A powerful aid in fighting ugliness. - *The Mother*

Ipomoea tricolor Cav., *Convolvulaceae*.

Morning glory

Let us give ourselves without reserve to the Divine, so best shall we receive the Divine Grace.

FAITH IN THE DIVINE GRACE

The grace and the help are always there for all who aspire for them and their power is limitless when received with faith and confidence.

*

At the very moment when everything seems to go from bad to worse, it is then that we must make a supreme act of faith and know that the Grace will never fail us.

1 January 1947

*

At each moment of our life, in all circumstances the Grace is there helping us to surmount all difficulties.

8 October 1954

*

Through this apparent chaos a new and better order is being formed. But to see it one must have faith in the Divine Grace. Cheer up.

13 October 1956

page 37

It is when all seems lost that all can be saved. When you have lost confidence in your personal power, then you should have faith in the Divine Grace.

28 January 1970

*

In the final analysis everything really depends on the Divine Grace and we should look at the future with confidence and serenity, progressing at the same time as quickly as we can.

TRUST IN THE DIVINE GRACE

It is in proportion to our trust in the Divine that the Divine Grace can act for us and help.

*

Like the child who does not reason and has no care, trust thyself to the Divine that His will may be done.

7 September 1954

NEWS & NOTES GUIDELINES

DEADLINE FOR SUBMISSIONS:

TUESDAY 5PM

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

RA NEWS & NOTES - A QUICK GUIDE



What We Publish

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

Working Groups & Foundation Office Content

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

What We No Longer Publish

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

Exceptions

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

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

Submission Guidelines

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

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

• For past issues or to subscribe, visit: auroville.media/newsandnotes

We thank you for your collaboration and understanding.

DISCLAIMER:

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

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

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

The News & Notes Team
newsandnotes@auroville.services

LIST OF ACRONYMS:

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

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

Working groups selected by the Residents' Assembly:

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

GB groups:

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

NOTE FROM THE EDITORS



Dear Community,

Here is some important information:

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

Thank you for reading and for your continued support!

In community,
The RA Community Edition News & Notes Team

FROM THE AUROVILLE COUNCIL

RESIGNATION OF GIOVANNI FROM AVC

Dear Community,

The Auroville Council wishes to inform the community that Giovanni has resigned from his position as a Council member due to visa challenges.

We wish him all the best for the future.

The Auroville Council

Divya, Dyuman, Isabelle, Martin, Mouttou, Muni, Ramesh, & Sathiya

FROM THE WORKING COMMITTEE

ANNAPURNA FARM INTERIM STAY



Dear Community,

We received the following update with the request to share it with the community:

On 19 February 2026, an Indian Aurovilian filed a Writ Petition in the Madras High Court against the lease agreement signed between the Auroville Foundation and IIT-Madras.

The case was heard on 27 February 2026 and the Hon'ble Judge granted an interim stay in the matter. The order prohibits anyone claiming to be carrying out actions on behalf of IIT-M under the lease agreement from interfering with the farm and the property, and restrains them from taking any coercive actions until further and different orders are issued from the court. Please find the written order [attached](#).

Thank you to all those near and far who are supporting Annapurna Farm and trying to save it from destruction.

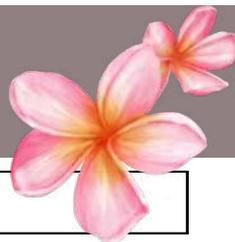
The Working Committee selected by the Residents' Assembly
Anita, Elvira, Jayavel, Matthieu, Prashant, Raju, Valli



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COMMUNITY NEWS



OBITUARY

GIUSEPPE PASSES AWAY

This is to inform the community that Giuseppe (Certitude) left his body on the afternoon of Sunday 1st of March due to pneumonia.

His remains were cremated on Thursday 5.3.2026 at the Auroville Burial and Cremation Ground.

Giuseppe Trovato was born in Sicily in 1944, but he lived and worked for many years in Germany where his 3 sons are still living. Two of the sons and



specially Dario, the youngest, visited him in Auroville several times.

Giuseppe arrived in Auroville at the end of 1991 when he started running the community kitchen in Bharat Nivas. Then he built Samarpan Guest House on the beach not far from Quiet. In 2004 he moved to Certitude.

He taught hatha yoga for quite a few years and was a devotee of Sri Aurobindo and the Mother, keeping almost always with him a picture of the Mother. He loved silence and meditation, visiting daily the MM gardens until his health did not allow him to.

For the last few years he was suffering with a form of dementia, a group of Aurovilians supported him with the help of caregivers.

~ 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.

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

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

ONE YEAR LATER: AUROVILLE IN CRISIS & THE WAY FORWARD



Dear Aurovilians,

For Auroville's 58th anniversary, we would like to present you with our comprehensive follow-up report, 'One Year Later: Auroville in Crisis & the Way Forward.' The report updates and builds upon the report published by the Auroville Global Fellowship in January 2025. In this new report, we examine five critical ways in which the situation deteriorated in 2025 and early 2026, and conclude with constructive practical approaches to resolving the crisis. It is our sincere hope that this report may, in some small way, serve Auroville's deeper purpose and help renew the spirit on which it was founded and with which it has grown and progressed since its beginning in 1968.

This follow-up Crisis Report is extensively researched and documented, with specific sources referenced from government reports, national journal articles, legal filings, interviews, newsletters, and publications from Auroville.

Access to the full report:

- [English version](#)
- [French version](#)

Two-page executive summary (also found below):

- [English version](#)
- [French version](#)

We warmly encourage you to share this report within your networks, as its thorough analysis and proposed solutions could contribute to resolving Auroville's current challenges.

In gratitude and aspiration,

The report subgroup of the Auroville Global Fellowship
Email: AurovilleGlobalFellowship@gmail.com

ONE YEAR LATER:

Auroville in Crisis & the Way Forward

Executive Summary · Auroville Global Fellowship Subgroup Report · 28 February 2026

This executive summary accompanies the full report produced by a subgroup of the Auroville Global Fellowship and released on 28 February 2026, Auroville's 58th birthday. Every topic documented in its 2025 Crisis Report has since intensified and accelerated, placing Auroville's future at extreme risk. This new report distills key findings across five critical areas, presents the landmark recommendations of India's Parliamentary Standing Committee on Autonomous Bodies (December 2025), and calls on the Government of India to act urgently.

I. AUROVILLE ON THE BRINK

Founded on 28 February 1968, Auroville was inaugurated as an experiment in human unity, rooted in Sri Aurobindo's philosophy and the Mother's vision of a community dedicated to unending education and the material and spiritual realisation of an "actual human unity." (Auroville Charter) For over 50 years, it has served India and the world as a living laboratory for social, cultural, ecological, and spiritual innovation, attracting recognition from UNESCO as well as national and international partners and entities worldwide.

Since 2021, a new Governing Board and Secretary have spent more than four years denying Auroville's achievements, bypassing the Auroville Foundation Act (1988), and actively working to disable and dismantle it. Unless this trajectory is reversed, Auroville will

become a hollow shell, which would be an incalculable loss to India and to the world. The Auroville Foundation Act is not the problem. Its three statutory bodies (Governing Board, Residents' Assembly, and International Advisory Council) were designed to work in balance and collaboration. The problem is the current administration's assertion of "supreme authority" for the Governing Board alone, while ignoring and actively rejecting the role of the other two statutory bodies. The solution is not to rewrite the Act or reclassify Auroville, but to restore, renew, and reaffirm the Act's essential principles along with those of the Auroville Charter, which the Act was designed to preserve and protect.

In December 2025, India's Parliamentary Standing Committee on Autonomous Bodies, comprising 30 members including 16 from the ruling party, submitted Report No. 371 to both houses of Parliament. Its findings validate and reinforce the detailed recommendations of the Fellowship's original Crisis Report and align with appeals from the Residents' Assembly, the International Advisory Council, and Auroville International centres. This cross-party parliamentary committee endorsement presents a clear, actionable roadmap for resolution.

II. ONE YEAR LATER: INTENSIFICATION AND ACCELERATION

Every issue documented in the 2025 Crisis Report has intensified. The 2026 report examines five critical areas in detail:

- **Dismantling the Rule of Law.** The administration selectively invokes narrow legal rulings to assert absolute authority while ignoring the broader statutory framework, court guidance, and the rights of the Residents' Assembly.
- **Undermining Auroville's Economy.** A thriving, largely self-sufficient community economy is being systematically dismantled through opaque land deals, closure of income-generating units, forced outsourcing, and financial coercion against residents and working groups.
- **Suppressing and Manipulating Information.** All communications have been brought under centralised control, independent publications have been shut down, and a sustained disinformation campaign has been used to vilify residents and misrepresent Auroville's history, achievements and legal framework.
- **Militarising the Culture.** Paramilitary personnel, a new security complex, a military training academy, and a counter-terrorism night drill by the National Security Guard have normalised coercion and fear in a community the Mother envisioned as a place of peace, concord, and harmony.
- **Re-Engineering the Population.** Long-term residents who embody Auroville's founding spirit are being expelled or forced to leave, while new arrivals unfamiliar with its history and values are recruited and taught to accept centralised control as normal.

The full report presents each of these areas in rigorous detail, with specific dates, legal references, and documented incidents. Together, they reveal a pattern of autocratic governance that is antithetical to Auroville's ideals. We invite you to read it and share it widely. You can find it here: aurovilleglobalfellowship.org/report-2/

III. THE WAY FORWARD: RESTORE, RENEW, REBUILD

The Parliamentary Committee's roadmap fully aligns with the detailed recommendations in the Fellowship's January 2025 Crisis Report. These are specific, practical measures grounded in law:

- **Restore collaborative governance:** the Governing Board must resume consultation and collaboration with the Residents' Assembly and the International Advisory Council before key

decisions.

- **Re-establish community autonomy:** as the Committee states, "an empowered Residents' Assembly is critical" as the only statutory body capable of representing residents.
- **Reconstitute the Governing Board** with members who meet the Act's criteria, namely those who have rendered valuable service to Auroville, not special interest appointees.
- **Implement the Master Plan consultatively; conduct land transfers transparently; ensure a swift and impartial visa process; and appoint a full-time Secretary** (the current Secretary holds an additional full-time post in Gujarat).

The report calls for three immediate actions: CEASE all coercion, threats, and intimidation; RESTORE the Residents' Assembly's statutory powers and participatory governance; REESTABLISH the foundational values of the Auroville Foundation Act and the Auroville Charter.

IV. FULFILLING AUROVILLE'S PROMISE TO INDIA AND THE WORLD

Auroville is India's gift to the world: a living embodiment of Sri Aurobindo's vision of conscious human evolution and the ancient Vedic ideal of *vasudhaiva kutumbakam*, "the world is one family." Its Charter calls Auroville "the bridge between the past and the future," evoking the spirit of Taxila and Nalanda, while seeking to manifest that spirit in a new way suited to a new era. The principles Sri Aurobindo articulated throughout his work – *Free Progress, Inner Self-Governance, Participatory Governance, and authentic Human Unity* – form the bedrock values of the Auroville Charter and the Mother's founding intention. The current administration has violated every one of them.

By supporting Auroville as a diverse international experiment in human unity, as it has done since its inception in 1968, India has a singular opportunity to demonstrate global leadership. But this will be lost unless the Government appoints a new Governing Board and Secretary who truly understand Auroville's unique character: people committed to the Auroville Foundation Act and the Auroville Charter, ready to work collaboratively with residents and the International Advisory Council to restore what has been damaged and build the inspiring future that Auroville represents for India and for the world.

This report was produced by a subgroup of the Auroville Global Fellowship, with contributions from more than 20 Global Fellows and collaborators, and with Fellow David Wickenden as primary author. The Auroville Global Fellowship is an independent network of more than 50 individuals who share a deep connection to Auroville and have contributed across diverse fields aligned with its evolutionary ideals.

[Read the Full Report](#)



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 31st 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 1st 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 as well as your WhatsApp number. **Put *Auroville/SSA* as the subject line of your email.**

I will be in Auroville till mid-April but can also respond remotely once back in the US.

Thank you.



RESIDENTS SPEAK

VICTORY IS FOR THE MOST PERSISTENT

We all know that Auroville is a laboratory whose purpose is to create Human Unity. What is a laboratory? It is a place where experiments and manipulations are carried out, sometimes successful, sometimes unsuccessful. This has always been the case since the beginning of Auroville, which has developed through a series of crises, the most memorable being the opposition of the Aurovilians to the takeover by the Sri Aurobindo Society, which led to the Auroville Foundation Act of the Indian Parliament in 1988.

From then, during three decades Auroville has experienced a kind of direct democracy, with the Residents' Assembly assuming a leading role and the Governing Board and the Secretary's office playing a rather discreet role. There have been some wonderful achievements during this period, marked by the completion of the Matrimandir as well as interesting and creative Housing and other various projects, which have established an excellent international reputation for Auroville. But there were critics also. Good projects have been blocked by opposition from small groups, sometimes by a single individual. Other projects have been completed but with great difficulty, including administrative issues, real obstacle

course, such as Kalpana, a beautiful complex of around 45 apartments surrounding a green and lush park, one of the most magnificent in Auroville, just a few steps away from the Solar Kitchen.

For a system of direct democracy to function well, it requires discipline and responsibility, but human nature being what it is, discipline and responsibility have sometimes been lacking, leading to laxity, inequality, and a certain degree of favoritism. Some critics also argued that all these personal initiatives were carried out without an overall vision, in a somewhat anarchic manner, and sometimes in contradiction with the City's Master Plan. Some also expressed the opinion that this approach was far too slow, tedious and inefficient for the project to build a real city.

Four years ago, another experience came about, with the nomination by the Indian Government of a new Secretary and a new Governing Board, based on a vertical and authoritarian system of governance, in sharp contrast to the experience of direct democracy of previous decades. One is entitled to think that this new experience was certainly made inevitable, and also that Mother allowed this to happen. This new approach must also be viewed in the global context, where several governments of the world have recently drawn attention for their imperial style of governance.

This is how we now have roads in Auroville, Crown Road and radial roads nearing completion, built sometimes in a rude and opaque manner, but which would not have been possible under the previous management system. Yes, the imperial system can be efficient, but it can hardly focus on more than one issue at a time. We have had funds for new roads but since four years not a penny for new housing projects.

Also while it is good to have finances in order, to fight corruption, to have clear guidelines and to ensure that everyone follows them, we must bear in mind that too much control kills creativity, creates also disorder, and often leads to administrative harassment and the rule of the arbitrary. Today, we can see that certain authoritarian governments around the world have lost completely their way and, instead of establishing the promised order, are only bringing chaos to the societies they govern. In all the books Sri Aurobindo has written, the principle of personal freedom is omnipresent, liberty of thinking, of expression, of association. If a ruler has the ambition to control the minds, actions and words of all the citizens, this cannot result in a healthy and vibrant community.

We all know that Auroville is a work in progress. The city will, of course, experience other forms of governance in the future. Nothing is permanent here in this world. The actual situation is the result of the errors of the past, and the future will be shaped by the failures of the present one. As long as the Divine Consciousness has not been embodied in individuals and in the community, Auroville will evolve through trial and error, one after another.

Although it is vital to build the city, let us remember what Roger himself, as the project's chief architect, said: it is more important to build people than buildings. And Mother insisted that the journey is more valuable than the destination, and also that building a city is not an end in itself. Life is made up of a series of experiences that help us grow, nothing is lost, and every life is lived, has its own value, enriching the soul from life to life. What matters are the laboratory's experiences lived by the community during the whole process. That is the soul of the city. A beautiful window display without a soul is of no interest to either humanity or the Divine.

But there is no point in lamenting; we must keep faith that Auroville is protected by divine consciousness, and know that Mother's smile is always there when she tells us, as she told the first pioneers: "Leave everything behind, embark on the great Adventure, and come what may!", adding also that "Victory is for the most persistent." That is why, at Auroville International Canada, we focus

to cooperate in helping the Units and Services that provide concrete support in the areas of food, housing, health, education, etc., to the true Warriors of Light, those who are staying with perseverance and resilience in difficult conditions on the sacred land of Auroville, where everything is at stake, played out, for the future of humanity.

And, for the rest, let us keep faith in Divine Grace, which always has surprises in reserve for us.

Pragna



THE HUMAN CYCLE, THE IDEAL OF HUMAN UNITY, AND AUROVILLE

Introduction

This article offers a reflection on Auroville's present crisis through the lens of Sri Aurobindo's works *The Human Cycle* and *The Ideal of Human Unity*. Rather than interpreting the community's challenges as proof of failure or collapse (as is being narrated by one side), the article suggests that Auroville's collective body may be passing through a certain stage in Auroville's evolutionary trajectory as described in *The Human Cycle*.

The article proposes that progress cannot be achieved through control, domination, or uniformity but only through a deeper shift in consciousness - where each stakeholder, whether authority, community, or individual, participates as a conscious collaborator in this evolutionary trajectory of Auroville, rather than as an ally or opponent.

The central question is not who has failed, but what form of human unity is now seeking expression.

Ultimately, it invites readers to see the present moment as a test of whether harmony, rather than winning, can become Auroville's true measure of success.

I write this as an Aurovilian not to take a position but to share a reflection.

What follows is personal, not polemical; it is about consciousness, not sides; about my responsibility to Consciousness itself, not my entitlement to assign blame; and about our evolution, not our "failures".

In previous articles, I have explored both the Auroville way and the legal way forward in response to the present crisis. In this article, I turn to the spiritual way: to look beyond events and opinions and toward the deeper meaning of human unity as it is being tested in our shared life today, and to reflect on what this moment may be asking of each stakeholder, inwardly and outwardly, as willing servitors of the Divine Will.

The Story We Are Being Told

A dominant narrative has been taking hold around Auroville's situation over the past five years. It suggests that the community has failed in its experiment, drifted away from the Dream and its founding aim of human unity, and fallen into such disorder that external authority has had to step in to rescue it. In this view, the previous Governing Board (GB) and the Secretary appear as corrective instruments, chosen to restore what the collective - more specifically, the Residents' Assembly (RA) - could no longer sustain.

This interpretation is understandable. It is simple, linear, and reassuring. It offers clear roles of problem and solution, decline and intervention. Yet what is simple, linear and reassuring is not necessarily what is true. Such a narrative reduces a multi-layered evolutionary process to a story of blame and repair and, in doing so, overlooks a deeper dimension of Auroville's collective journey.

Another Way of Seeing

If Auroville was conceived not as a community to be managed by authority, but as a living experiment in human unity, then its difficulties cannot be judged as "regression" or "failure." They must also be understood as part of a larger psychological and evolutionary movement toward human unity - one that Sri Aurobindo describes in *The Human Cycle* and *The Ideal of Human Unity*. Seen through this lens, Auroville's present moment takes on a more holistic understanding.

The question is no longer whether the Residents' Assembly had "failed," or whether this alleged failure justifies the actions of the previous Governing Board and the present Secretary. Rather, the more relevant inquiry becomes:

- **What stage of collective growth is Auroville now being called to pass through?**
- **And what form of human unity is seeking expression at this stage?**

This is why the reductive narrative, however persuasive it may appear, cannot fully account for what is unfolding. And it is about time a deeper perspective is brought back into the conversation.

The Deeper Perspective - Auroville Through the Lens of *The Human Cycle*

Auroville's community has not failed, nor digressed from its goal; it is in fact very much on track towards human unity, and passing through the stages of social evolution described in *The Human Cycle* - from the symbolic, typical, and conventional ages to the individualistic and subjective ages toward the spiritual age: learning, manifesting, struggling, re-aligning, and transforming as it evolves.

Note: Rather than expanding on this topic here, I offer a short overview separately ([please click here](#)) for those who would like to explore how these stages relate to Auroville, based on my personal interpretation. Needless to say, nothing can substitute for reading *The Human Cycle* itself.

Seen through this lens, what may appear as "failures" are, in fact, areas calling for further growth and a natural part of the broader unfolding of consciousness in a collective's evolutionary trajectory.



Difficulties on the path = Failure or Transition?

Sri Aurobindo explains that what seem like errors or breakdowns are not moral lapses but symptoms of an inner law of transition at work. A stage exhausts itself when its outer forms can no longer express the consciousness that originally gave them life. At that point, conflict and dissatisfaction arise - not as accidents, but as signals that the collective has reached the limits of its existing mode of organisation.

Progress, therefore, cannot come from tightening or enforcing modes of organisation that have already exhausted themselves - whether through control, domination, the curtailment of freedom of speech, the suppression of basic human and civil rights, or simply replacing one structure with another. It can only come through the emergence of new forms of organisation, still largely undiscovered, that correspond to the rise of a deeper psychological principle within the collective.

Any sadhak walking the path of Integral Yoga knows that errors and "failures" are part of inner growth. One does not evolve without stumbling. Over time, one also learns that mistakes are not corrected through self-condemnation or tighter control, but through awareness, sincerity, and realignment with a deeper truth.

What is true for the individual growth is equally true for the collective one. A community engaged in an evolutionary experiment cannot avoid errors, or what seem like "failures."

In short, within a collective what is interpreted as failure from an unexamined standpoint is, from a more developed consciousness, recognised as a sign of transition toward the next stage of its collective evolutionary growth.

The Task Before Us All

If apparent "failures" can signal transition, then the true question naturally becomes:

- **What is to be done by Auroville now - specifically by the new Governing Board, the Secretary, the Residents' Assembly, the individual Aurovilian?**

The task is not to resolve using forms and tools that don't serve the growing consciousness anymore. But to recognise that a shift in collective consciousness is underway. What is required is not only outer adjustment, but to consciously allow for the new psychological principle to emerge. For example, more practically speaking:

1. The Task Before those in Authorities

For the new Governing Board and the present Secretary, this task is especially delicate. Their role is not only to administer or correct, but to allow, collaborate with, and even catalyse the emergence of a new principle of unity, one capable of expressing harmony not through compulsion or correction, but through a deeper shift of consciousness itself.

This is not an easy responsibility. But, as willing servitors of the Divine Will, are those in authority not also called to rise in consciousness? Is that task only for the Aurovilian?

Beyond claims or declarations of being conscious, one must also ask: But what truly indicates the presence of consciousness?

Signs of Consciousness in Action

Consciousness is not proven by assertion or declarations, but by the quality of one's inner awareness as it expresses itself outwardly - more specifically in one's cognisance, communication, and conduct.

- **Cognisance**, for example, shows itself as humility and the capacity to hold complexity.
- **Communication** seeks understanding rather than dominance.
- **Conduct** reflects coherence between inner intention and outer action, guided by respect for unity in diversity rather than unity in uniformity.

It is through such living signs, not declarations, that one recognises rising consciousness.



2. The Task Before the Residents' Assembly (RA)

As for the Residents' Assembly, simply by being a living community oriented toward a common goal and composed of an increasing number of individuals sincerely dedicated to the evolution of consciousness, it has been, and will continue to be, coaxed toward its aim of human unity. Over nearly six decades, it has matured as shifts in collective consciousness have carried Auroville through successive stages of its evolutionary journey, as described by Sri Aurobindo in *The Human Cycle*. Its present difficulties, therefore, need not be read only as signs of breakdown or failure, but also as indications of a collective approaching yet another transition towards its next evolutionary stage.

The task, therefore, is to remain consciously aware of this natural evolutionary movement. Moreover, to discern the stage through which the collective is presently passing, will add organisational value.

Which Stage Might Auroville Be Passing Through at the Moment?

A brief observation suggests that symbolic inspiration has receded, typical structures remain active, individualistic energies continue to assert themselves, and yet the dominant movement is toward a subjective reorientation.

At this moment, the danger lies not in not knowing what to do or think of it all, but in mistaking regression for resolution. This means that if the Residents' Assembly submits to fear and coercion, forms already exhausted in previous stages, to restore peace today, or if silence is mistaken for harmony and compliance for unity, then the RA is regressing rather than progressing, precisely when a deeper integration of consciousness is being demanded of all.

Yes! We are going through a difficult phase. But to submit to old forms would be to regress. To progress, the RA must continue to persevere.

The Mother said, "*The difficulties are for the strong, and help to make them stronger. Persevere and you will conquer. You can be sure that help, force and blessings are always with you. With love.*"

— CWM-14, p. 231

So, persevere and rise, dear community, with the faith that She is indeed always present.

3. The Task Before the Individual Aurovilian

For the individual Aurovilian, recognising that the community stands at the threshold of yet another transition (likely from the subjective to the spiritual age) leads inevitably back to Sri Aurobindo's own words:

"...the coming of a spiritual age must be preceded by the appearance of an increasing number of individuals who are no longer satisfied with the normal intellectual, vital and physical existence of man, but perceive that a greater evolution is the real goal of humanity and attempt to effect it in themselves, to lead others to it and to make it the recognised goal of the race."

— *The Human Cycle*, Vol. 25, p. 263

Conclusion: The Two Movements Required Now

To place this conclusion in a wider perspective, I find myself returning to Sri Aurobindo's words:

"All problems of existence are essentially problems of harmony."

Auroville's current crisis is not calling for the victory of one stakeholder over another, but for two movements from each stakeholder:

1. A **subjective** deeper inner re-examination of how human unity can be understood and lived in today's context.
2. A **collective** readiness for harmony among all stakeholders.

When I reflect on the first movement, I sense that it is still within my reach. When I turn to the second, however, I must acknowledge how little readiness I presently have for harmony with those whose actions have caused profound pain - through the mindless felling of trees, the forced departures of Aurovilians through visa denials, the forceful and unlawful takeover of the community's governance and working groups, the stifling of our basic freedom to speak, the arbitrary and unilateral decisions that affect each Aurovilian, the use of coercion and threats in getting us all "in line, or else...", and forms of communication and conduct that lack a basic respect for difference, leave alone embodying a certain standard of consciousness...

Too often, uniformity is being narrated as unity, submission as order, and silence as peace.

Anger arises, followed by hopelessness, and the two move in a relentless circle that tests my faith in the Divine Grace at work with each passing hour. At the same time, I also find myself asking: if human unity is truly our overarching aim, should harmony, rather than victory, not be our measure of success?

No matter how far and deep this inquiry carries me, I arrive at the same inner decision: to hold this turmoil in two parallel ways that must learn to coexist within me:

- **outwardly**, to speak and act as truthfully as I can in calling into question those actions that mistake uniformity for unity, submission for order, and silence for peace;
- **inwardly**, to continue re-examining what human unity truly means for me today.

This is a responsibility to Consciousness I cannot set aside.

In solidarity,
Mandakini, fellow Aurovilian.

AUROVILLE'S SATYAJUGA? RELIVING "THE HUMAN CYCLE"

A serene, impartial analysis of Auroville history is a peremptory need, if we are to grasp the intrinsic logic determining the present crisis and move ahead. A rigorous assessment free from both: hagiography, but also free from 'political' distortions, manipulations,

and calumnies. Knowledge of institutional memory is a must, eschewing projections and categorisations hanging in the void.

Sri Aurobindo writes that all traditions recall a golden age or Satyajuga. It is indeed believed that the very beginning of societal life, for infant humanity, extolled primitive communism, often in the garb of matriarchy. Solidarity, sharing, toiling and fighting together were a matter of survival. There was no other way – or perish. The same happened with the first inhabitants of this deserts plateau, scorched by the sun and ravaged by torrential monsoons, in the middle of nowhere. The pioneers went through the same survival mechanisms our primeval ancestors went through. The beauty and heroism of the pioneers' lifestyle is Auroville's Satyajuga.



That they lived far below minimal material needs, drafting out of absolute nothingness a preliminary sketch of the 'spiritual kibbutz' Auroville would evolve into the early years, is an historical fact. But as our progenitors necessarily moved out from that primal idyllic state, and human cycles unfolded, the same happened to the inhabitants of Auroville, re-living the entire human saga.

The physical plane, Mother explains, is naturally goodwilled; the problems arise with the mind's and the vital's demands. As the early residents started securing material conditions less precarious, needs and greed crept in, this being the job of the mental and vital layers not yet under the psychic rule. Mother's guidelines, spontaneously lived in a state of innocence, started to be questioned; this coalesced in the insurgence against the Sri Aurobindo Society, which ensured the guidelines' effectiveness, but as an over-imposed apparatus, external only – and necessarily temporary. Mother did not expect the SAS to be more than this. She waited for the residents to mature spiritually: self-governance would be the effective rule by the collective psychic being, "divine anarchy".

But when the residents revolted against the SAS, in 1976, the collective psychic being had not awakened yet, the mind and the vital ruled with their typical inputs; a crack, originally well-intentioned, over the years turned into an avalanche. Power struggles, competition, property, domineering, obscurantism, profiteering, corruption: Auroville has reenacted the whole human saga, as Sri Aurobindo highlights it in "The Human Cycle".

Auroville is an evolutionary society, "*natura non facit saltus*". The journey has just commenced. We are still engrossed in both, the conventional and the philistine age. The subjective age offers glimpses only. Very few have entered the spiritual age.

Each of you represents an impossibility to be solved, Sri Aurobindo and Mother tell. Such is the journey of the Avatar's people.

Paulette



THE DIVINE POSSIBILITY IN MAN

On the Divine Possibility in the human being:

“Wherefore he selected or made such a material, when he had all infinite possibility to choose from? Because of his divine Idea which saw before it not only beauty and sweetness and purity, but also force and will and greatness. Despise not force, nor hate it for the ugliness of some of its faces, nor think that love only is God. All perfect perfection must have something in it of the stuff of the hero and even of the Titan. But the greatest force is born out of the greatest difficulty.”

— Sri Aurobindo

The Supramental rEvolution needs only a few Self-selected, willing aspirants as torchbearers in each generation, until the Divine Advent of the new species: the Supramental Being.

Auroville must faithfully continue as envisioned by Sri Aurobindo and the Mother: a modern, conscious, Integral Gurukulam for these sun-eyed children—who are none other than us, as We are All One. It stands as a national, legally protected sanctuary from the ...



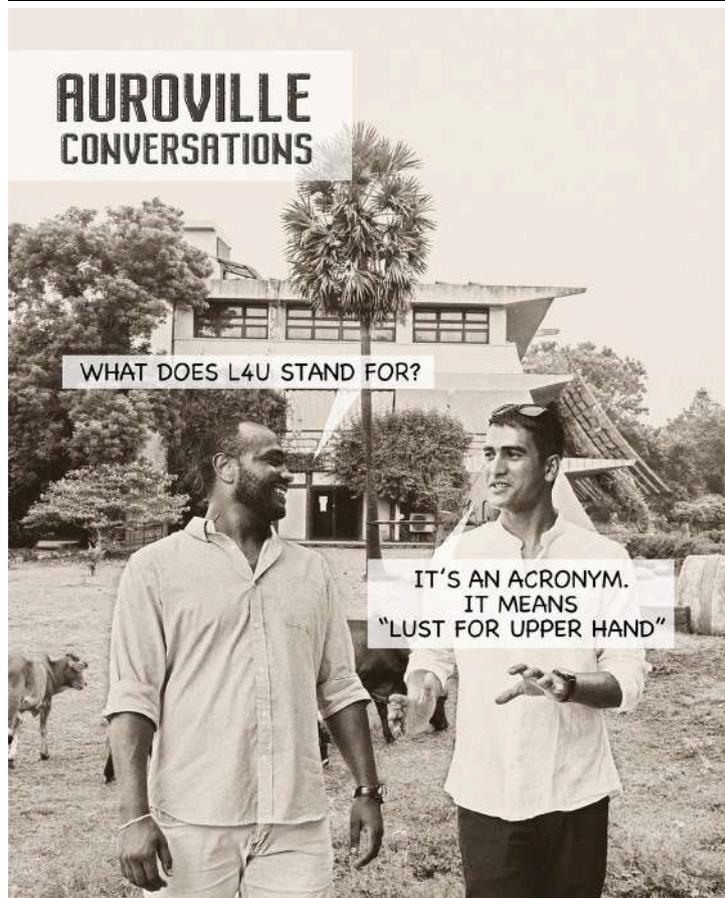
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Zech

AUROVILLE CONVERSATIONS



Submitted by an Aurovilian

FRENCH NEWS & NOTES

NOUVELLES D'AUROVILLE



Auro - Traductions

5 Mars 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 10th March, 9 am - 12 noon

Focus: The Vision and the Way.

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-temperedness, 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

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 Sandhya: 5 - 6:30pm
- Integral Regression Therapy Sessions with Sigrid.

Upcoming workshops

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

Stay with us, by joining our Webinars !

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www.auroville-jiva.com Your journey in healing and transformation.



AUROVILLE CYCLOTHON 2026

SUNDAY 8TH 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

TAI CHI HALL @ SHARNGA

Daily class timings are

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

No classes on:

- 3rd - 7th March
- 6th - 16th April

Contact: taichi.auroville@gmail.com



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 – QR code

More information:
www.monicamarinoniashtangayoga.com
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Pitanga Cultural Centre, Samasti, Auroville 605 101 | info@pitanga.in | 0413 - 2622403, 9443902403
 A service unit of the Auroville Foundation, Health and Healing Trust branch, | GSTIN: 33AAATA0037R33N

AUROVILLE STORIES: 2068

SUN 8TH MARCH, MMC - CINEMA PARADISO, TOWN HALL

Auroville Stories: 2068
 Imagining Our Best Futures...

Join the Discussion

Sunday, March 8
 10:00 am – 12:00 noon
 Cinema (MMC)

This Sunday morning, 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 100th 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-imaginers. 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 or +91 92172 52447 with thoughts or questions. Thanks!

HIVE COWORKING SPACE

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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

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Final Call: Secure Cinema Paradiso's Heartbeat – 3 Pledges Needed Now!

Multimedia Center Auditorium – Cinema Paradiso (MMC-CP)

Our beloved Cinema Paradiso isn't just a screen—it's Auroville's beating heart for shared stories, laughter, and connection under the stars. But our core budget covers only basics. Post-COVID, costs exploded, events dwindled, and even generator fuel now falls on us. Our heavily used projectors, sound systems, and seats are aging fast—without support, the magic fades.

We've secured 5 vital pledges at ₹3,000/month each. Now, we need just 3 more units or individuals to pledge ₹3,000/month. This gets us to a minimal pre-COVID running budget—no inflation, just survival. (Non-recurring upgrades? We'll fundraise separately.)

Pledge less than ₹3,000/month or make a one-time gift? Every rupee helps—join the circle however you can!

Easy for all:

- Indian nationals & Auroville units (any nationality): Recurring or one-time via Unity Fund at Financial Service (FS Account #105106, MMC – Cinema Paradiso). Direct payments via FS are possible but requires us to pay a 18% GST.
- Non-Indians in/outside Auroville: Contact AV Unity Fund at FS / write to us for guidance.

Be one of the 3 heroes who keeps the reels spinning and our community alive—or add your spark today. Your gift writes the next chapter—what's yours?

With deepest gratitude,

Thanking you
MMC-CP Team
mmcauditorium@auroville.org.in

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 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

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

Thank you in advance! 😊

TAXI SHARING - AUROVILLE TO CHENNAI

SATURDAY 21ST MARCH 2026

To stay ECO FRIENDLY am very willing to share a taxi from **Auroville to Chennai airport** on **Saturday 21st March 2026**. Departure from Auroville Town Hall at around 8:030PM (20:30).

Please contact via WhatsApp +34685673777 or email: 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@aurouville.org.in

Website: www.auroraseyefilms.com

love and light
Serena



Aurora's Eye Films



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
<https://serendipityauroville.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

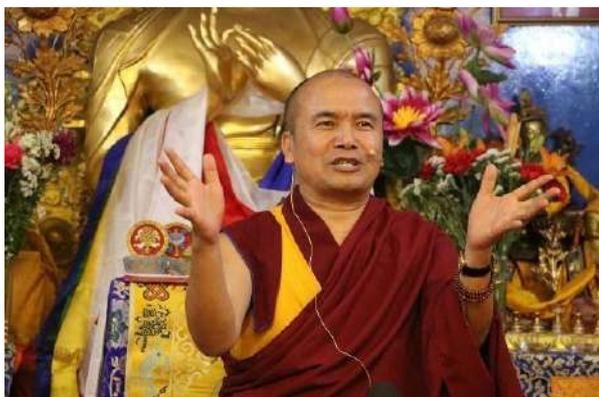
- Friday from 5 - 6:30pm - drop in class

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

THEME: COGNITIVE TRANSFORMATION AND PSYCHOLOGY FOR HEALING MENTAL HEALTH 3-DAY TEACHING PROGRAMME

5TH, 6TH, 7TH MARCH 2026, TIBETAN PAVILION



Teacher: Geshe Dorjee Damdul

Venerable Geshe Dorji Damdul is the Director of Tibet House, Cultural Center of His Holiness the Dalai Lama, New Delhi, since 2011.

After 15 years of study in Buddhist philosophy he finished his Geshe Lharampa Degree (Ph.D.) in 2002 from Drepung Loseling Monastic University. He joined Gyudmed Tantric College for a year for Tantric studies

In 2003, the Office of H.H. the Dalai Lama sent him to Cambridge University, England for Proficiency English studies. He was a visiting fellow at Girton College, Cambridge University.

Venerable Geshe Dorji Damdul served as the interpreter and translator for His Holiness the Dalai Lama within India and abroad. He is one of the chief editors and co-author of scientific, philosophical, Buddhist and secular books with prominent professors in the UK and USA as well as with His Holiness the Dalai Lama. These books are being used at Centers and Institutes all over the world to study more thoroughly on Buddhist philosophy, metaphysics, epistemology, and science. He has translated several important Buddhist philosophy texts and has contributed various papers for National and International conferences.

Venerable Geshe Dorji Damdul's profound knowledge of science and interactions with world renowned physicists gave him the unique ability to teach Buddhist philosophy with a modern twist that many of his non-Tibetan students appreciate.

Core Pillars:

- Buddhist Cognitive Science (*Lojong, Abhidharma, Madhyamika insights*)
- Contemporary Psychology & Mental Health
- Compassion as Method and Outcome
- Meditation as Applied Cognitive Training

Structure:

- Thursday 5th March – Understanding the Mind and Mental Suffering
- Friday 6th March – Cognitive Transformation as Healing
- Saturday 7th March – Integration, Meaning, and Sustainable Well-Being

For more information, [see here!](#)

Outcome of the 3 Days

Participants will:

- Understand mental suffering through a cognitive lens
- Learn practical meditation tools for emotional regulation
- Develop compassion as a method of healing
- Integrate Buddhist psychology with modern life challenges

For registration:

- Kindly call us: 0413 2622401 (only working hours)
- or send us WhatsApp message to: 84890 67332

Thank You!

Submitted by
Kalsang

For Pavilion of Tibetan Culture



CULTURAL ANNOUNCEMENTS

THE AUROVILLE HARMONIES RECRUITS

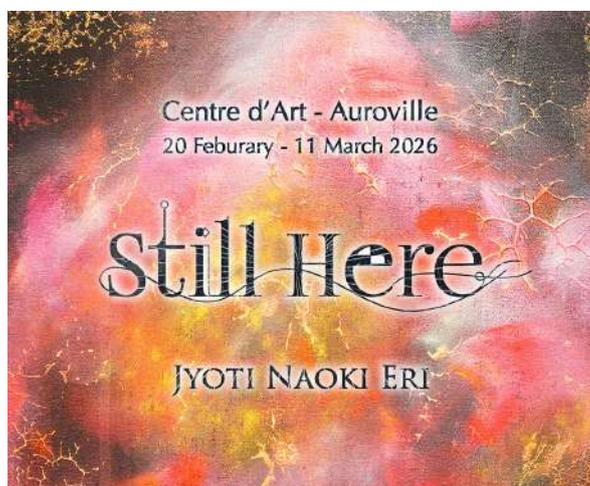


After the recent success of its performances (21, 22 and 26 February), the women's choir *Auroville Harmonies* continues its exploration of worldwide songs.

If you are interested, please contact Antoine for an audition: antoine@auroville.org.in

STILL HERE BY JYOTI NAOKI ERI

20TH FEBRUARY - 11TH 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.

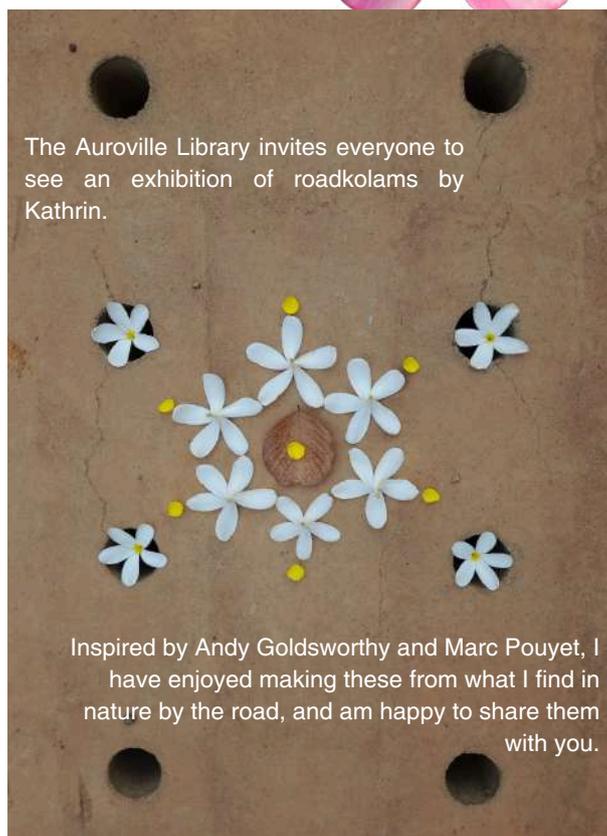
Jyoti Naoki Eri

- From **Friday 20th February to Wednesday 11th 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 2ND MARCH, AUROVILLE LIBRARY



Timings:

Mornings:

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

Afternoons:

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

GANGAI AMARAN IN HARMONY WITH THE DIVINE MOTHER - அன்னைபுடன் கங்கை அமரன் - LIVE MUSIC OFFERING

SUNDAY 8TH MARCH, BHARAT NIVAS

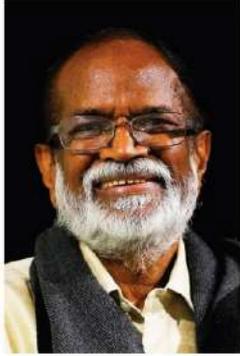


BHARAT NIVAS
மஹாத்ரிஷ்ட லக்ஷ் நூலாஸ்
The Pavilion of India, Auroville
Presents



Gangai Amaran in Harmony with the Divine Mother

Experience an enchanting night where melody meets devotion, as legendary composer and singer Gangai Amaran brings timeless devotional compositions alive on stage.



06:45 pm
Sunday, 08th March 2026
Venue:
Sri Aurobindo Auditorium,
Bharat Nivas, Auroville



Enquiry Contact: Krishna at +91 97878 80211
Parking available outside at the Main Gate

Dear friends,

On Sunday 8 March, Bharat Nivas warmly invites the community to gather at Sri Aurobindo Auditorium for an evening that many of us have quietly dreamt of – a live devotional concert by **Gangai Amaran**, offered to The Mother and Sri Aurobindo in the very heart of Auroville.

For nearly five decades, Gangai Amaran has lived inside the soundscape of Tamil Nadu – as music director, lyricist, singer, screenplay writer, actor and director in Tamil cinema. His melodies from films like *Vazhvey Maayam* and *Karagattakaran* have become part of our collective memory, and he has composed for more than 160 films, receiving a Lifetime Achievement Award from the International Tamil Film Awards (ITFA). He is also the younger brother of Isaignani Ilayaraja, yet stands in his own right as a beloved creator and performer.

What connects him deeply to Auroville is his inner relationship with The Mother and Sri Aurobindo. His album "**Amma / The Mother**" was composed as a direct offering to Her, and many in our wider sangha already cherish it as a heart-path into Her presence. This concert, *Gangai Amaran in Harmony with the Divine Mother*, is conceived as a collective moment of gratitude and joy – less like a "show" and more like a shared inner offering through music.

If you would like to attune yourself before you come, you can listen to a few of his Mother-inspired songs:

- ["Amma \(The Mother of Pondicherry\)"](#)
- ["Ammavukku" album](#)
- ["Samarpanam" with English subtitles](#)
- ["Annai Unnai Alangarithu"](#) – The Mother prayer song (Gangai Amaran & S. P. Balasubrahmanyam)

Bring your friends, your children, and your quiet inner aspiration. Come as you are – to listen, to hum along, to offer your evening to The Mother through music.

- **Date:** Sunday, 08 March 2026
- **Time:** 6:45 pm – 8:30 pm
- **Venue:** Sri Aurobindo Auditorium, Bharat Nivas, Auroville

All are warmly welcome.

AT CRIPA

PRESENTING RAGA LOUNGE

SUNDAY 8TH MARCH



An atmospheric, soulful blend where intricate Carnatic ragas meet chill Western lounge beats, creating a modern, melodic sonic experience.

Ragavan Manian began his Carnatic journey at just seven, later training with legendary maestros including Dr. M. Balamuralikrishna. Deeply rooted in classical tradition yet boldly contemporary, he crafts a vibrant musical voice as a performer, composer, and educator - connecting effortlessly with audiences across generations.

- 📅 : Sunday 8th March
- 🕒 : Show starts at 7pm
- 🍴 : Food by Vishnu from 6pm
- 📍 : Cripa, Auroville

Free entry, open to all, contributions welcome :)

YOUTH CHOIR END OF SEASON CONCERT

SATURDAY 14TH & SUNDAY 15TH 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 14th & Sunday 15th 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 or by following the link: <https://buytickets.at/cripa/2077592>.

VOCAL & BODY RHYTHM WORKSHOP
 MON 16TH, TUES 17TH & WED 18TH MARCH

VOCAL & BODY RHYTHM 3 DAYS WORKSHOP

"Flow with Your Body Rhythm and Sing with Your Real Voice"

CRIPA (Small Hall)

16, 17, 18 of March 9.00 am-1.00 pm with a break of ½ hour



Workshop Flow Highlights

- Day 1: Build rhythm awareness + vocal foundation.
 - Day 2: Deepen vocal technique + ensemble harmony.
 - Day 3. Balance: Playful games, technical exercises, creative group work.
 - Outcome: Participants connect with their body rhythm, discover their authentic voice, and experience collective music-making.
- Workshop is designed for no less than 8 ppl.

Organizer Shakti Arts and Sakthi Kalaigal Studio, Kalabhumi.



The fee for the Workshop of 3 days is RS 3000.

For AV, newcomers, volunteers 50% discount.

Please register at shakti@auroville.org.in

WhatsApp +91 6380948930

Flow with your body rhythm and sing with your real voice.
 Contribution for 3 days is Rs. 3000.
 For Aurovillians, newcomers & volunteers: 50% discount.
 Workshop designed for no less than 8 ppl.

16, 17, 18 : Mon 16th, Tues 17th & Wed 18th March

9am - 1pm

Cripa, Auroville (Small Hall)

Please register via:

63809 48930 (WhatsApp)

shakti@auroville.org.in

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 🌸

17 : 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.



POETRY

A fallen petal floats,
 Drifting along
 Life after life.

Anandi Z

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



AUROVILLE RADIO

Dear Aurovilians,

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

Last published Podcasts

- [Savitri - Ep.37 : Introductory Comments in Tamil | சாவித்ரி காவியம் ஓர் அறிமுக விளக்கம் by Dhanalakshmi \(Spirituality\)](#)
- [Sri Aurobindo's "The Life Divine" read by Deepti Tewari-B 1, C 26: "The Ascending Series of Substance" \(Sri Aurobindo\)](#)
- [Jumpa's Joyous Journey with Fif-Ep.6 "The Day The World Carried its Soil" \(Stories\)](#)
- ["Humanity 2.0" by Aviram Rozin with Jazz -A Book Read by Shalev - P1, C1 : "Natural Birth" \(Society & Conscious Living\)](#)
- [Une série hebdomadaire de lectures par Gangalakshmi – Ep.527 \(Integral Yoga\)](#)

Latest Youtube Videos

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

Upcoming Video - Join Us Live

- [End of Season Concert by Auroville Youth Choir | Live from Cripa | 2026 | Day1](#)
- [End of Season Concert by Auroville Youth Choir | Live from Cripa | 2026 | Day 2](#)

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

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

Peace and love

Regards,

Sai Priya for Auroville RadioTV 20

CINEMA

2 SHORT FILMS - A SPECIAL SCREENING

FRIDAY 6TH 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:

- "Barnaby Jones and The Crimes of Dr. Oddball" by Jonak Joev
- "Pearls" 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

STEP IN, SIT BACK - A SURPRISE FILM!!

MONDAY 9TH MARCH, MMC AUDITORIUM, TOWN HALL



CINEMA PARADISO PRESENTS :

ONE FIRE

THURSDAY 12TH MARCH, MMC AUDITORIUM, TOWN HALL

Cinema Paradiso Presents
On Thursday, 12 March 2026 @ 8pm @ MMC Auditorium, Auroville

Terhi Ahava's

A DOCUMENTARY FILM ON
150 YEARS OF THEOSOPHY

ONE FIRE

WRITTEN AND DIRECTED BY
TERHI AHAVA

#ONEFIRETHEFILM

One Fire
India-USA-UK-Belgium-Netherlands-Sri Lanka, 2025, Dir. Terhi Ahava & Bharath Bhushan Jampala, Documentary-Spiritual, 103mins, English w/ English subtitles, Rated: NR (PG)

In 1875, Helena Blavatsky and Henry Steel Olcott sparked a revival of ancient wisdom known as Theosophy, a path beyond dogma and borders. For 150 years, its influence has touched art, science, and philosophy, echoing unity in times of division. Filmed at the Theosophical Society headquarters in Adyar, Chennai, and edited in Auroville, this documentary revisits its enduring legacy. Today, its legacy resonates anew, bridging mysticism and modern thought, reminding humanity of unity amidst fragmentation. *We thank the director for sharing this film with us!*

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

Cinema Paradiso

Multimedia Center (MMC) Auditorium

Film program: 9th - 15th March 2026



Following Women's Day on 8 March, this week we bring several films — by or about women.

Doors open 15 minutes before showtime and close once the film begins. Please arrive on time. Kindly avoid crossing in front of the screen or using mobile phones. Food and beverages are not permitted inside the hall.

INDIAN - MONDAY 9 MARCH, 8:00 PM:

• STEP IN, SIT BACK – A SURPRISE FILM AWAITS!

An international production. A South Asian story. A Hand-drawn animation. Rated NR (PG).

We're excited to bring you a rare chance to watch a truly unique, multiple-award-winning film inspired by an extraordinary real-life individual and remarkable work. Since the film is yet to release in India, we cannot share further details. You'll just have to trust us on this. Don't Miss! *The filmmaker, who has generously offered this special screening, will join online for a Q&A afterwards.*

POTPOURRI - TUESDAY 10 MARCH, 8:00 PM:

• LES PARAPLUIES DE CHERBOURG (THE UMBRELLAS OF CHERBOURG)

France-W.Germany, 1964, Writer-Dir. Jacques Demy w/ Catherine Deneuve, Nino Castelnuovo, and others, Musical-Romance, 91mins, French-English w/ English subtitles, Rated: NR (PG)

Geneviève, a young woman in her mother's umbrella shop, falls passionately for Guy, a mechanic. When war forces them apart, their love is tested by time, duty, and fate. This celebrated, award-winning musical romance transforms everyday dialogue into song, creating a hauntingly beautiful tale of longing and choices.

SELECTION - WEDNESDAY 11 MARCH, 8:00 PM:

• MOTHER AND CHILD

Spain-USA, 2009, Writer-Dir. Rodrigo García w/ Naomi Watts, Annette Bening, Kerry Washington, and others, Psycho-Drama, 125mins, English w/ English subtitles, Rated: R

Karen lives with regret over the child she gave up. Elizabeth, a lawyer, carries the scars of abandonment. Lucy longs to adopt and build a family. Their paths cross in unexpected ways. This award-winning drama explores love, loss, and the fragile connections that shape generations.

INTERESTING - THURSDAY 12 MARCH, 8:00 PM:

• ONE FIRE

India-USA-UK-Belgium-Netherlands-Sri Lanka, 2025, Dir. Terhi Ahava & Bharath Bhushan Jampala, Documentary-Spiritual, 103mins, English w/ English subtitles, Rated: NR (PG)

In 1875, Helena Blavatsky and Henry Steel Olcott sparked a revival of ancient wisdom known as Theosophy, a path beyond dogma and borders. For 150 years, its influence has touched art, science, and philosophy, echoing unity in times of division. Filmed at the Theosophical Society headquarters in Adyar, Chennai, and edited in Auroville, this documentary revisits its enduring legacy. Today, its legacy resonates anew, bridging mysticism and modern thought, reminding humanity of unity amidst fragmentation. *We thank the director for sharing this film with us!*

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

INTERNATIONAL FILM - SATURDAY 14 MARCH, 8:00 PM:

• LE RETOUR (HOMECOMING)

France, 2025, Writer-Dir. Catherine Corsini w/ Aïssatou Diallo Sagna, Esther Gohourou, Suzy Bemba, and others, Drama, 110mins, French-English-Corsican-Wolof-Italian w/ English subtitles, Rated: NR

This film is being brought to you in collaboration with Alliance Française. In this award-winning film Khédidja, returning to Corsica with her daughters Jessica and Farah after fifteen years. She confronts memories of exile and belonging. As the family navigates summer tensions, secrets resurface and identities shift. The film captures the fragile bonds of motherhood, heritage, and the search for home.

CHILDREN'S MATINEE - SUNDAY 15 MARCH, 4:00 PM:

• MY FATHER'S DRAGON

Ireland-USA, 2022, Dir. Nora Twomey w/ Jacob Tremblay, Gaten Matarazzo, Golshifteh Farahani, and others, Animation-Adventure, 129mins, English w/ English subtitles, Rated: PG

Elmer Elevator, a brave boy, sets out on a daring journey to Wild Island to rescue Boris, a young dragon held captive. Along the way, he faces magical creatures, tricky challenges, and discovers courage he never knew he had. This award-winning adventure enchants children with wonder and heart.

CLASSIC WORLD CINEMA @ CINÉ-CLUB

CINÉ-CLUB SUNDAY 15 MARCH, 8:00 PM:

• THE TRUMAN SHOW

USA, 1998, Dir. Peter Weir, w/ Jim Carrey, Ed Harris, Laura Linney and others, Comedy-Sci-fi, 106mins, English w/ English subtitles, Rated: PG.

Truman lives in a picture-perfect town, unaware it's a massive studio set. Every friend, neighbor, and colleague is an actor, every moment filmed for the world's most popular show. He begins to notice cracks in the illusion. As suspicion grows, Truman embarks on a quest for truth, confronting manipulation and daring to escape the boundaries of a life scripted for him.

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.

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

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

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

GAS BOTTLE SERVICE

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

WATER SERVICE

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

ECO SERVICE (WASTE COLLECTION/MANAGEMENT)

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

POUR TOUS DISTRIBUTION CENTRE (PTDC)

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

POUR TOUS PURCHASING SERVICE (PTPS)

- **Timings:** Monday to Saturday, 8:30 am - 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 2622 894

- **Email:** avlib@auroville.org.in

- **Website:** <http://library.auroville.org.in/>



Chinese Proverb

HEALTH

SANTÉ SERVICES IN JANUARY 2026



Working Hours:

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

Tests and Sample collection:

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

No sample collection on Saturday

For emergencies, contact:

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

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

Appointment

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

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

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 Santé 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 devise).

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

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 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
- 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:**

Any day except Tuesday & Sunday, 8:00 am - 8:25 am
Arrival at 7:45 am at the Office Gate

- The Inner Chamber, the Petals and the Gardens are open to the Children of Auroville and the Outreach Schools:

Tuesday 9:00 am - 11:00 am

- Auroville units can bring their staff to the Inner Chamber with a prior booking at mmconcentration@auroville.org.in:

Tuesday 8:00 am - 8:30 am

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

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

- 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.

Antoine for Matrimandir Executives Team



ACCESSIBLE AUROVILLE PUBLIC BUS

avbus@auroville.org.in / +91 94430 74825

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 2910005	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