

Auroville

NEWS & NOTES



No 1117 - A weekly bulletin for residents of Auroville

19 March 2026

RA EDITION



Peace and Solidarity Walk on 13th March

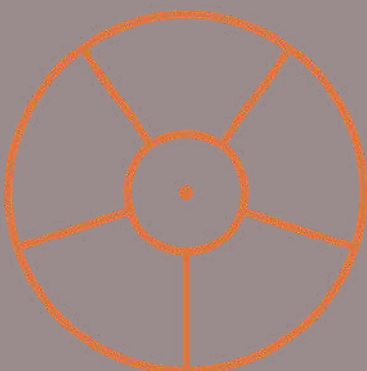
PONDERING

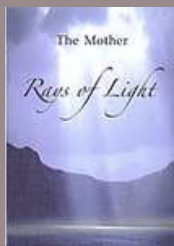
It is only in harmonious collaboration that effective work can be done.

The important thing is to find the point on which you can all agree—and after this is firmly established, each one must be ready to yield his personal will in order to keep intact this point of harmony.

The Mother, 29 March 1966, Collaboration and Harmony in Work, Words of the Mother II

<https://motherandsriaurobindo.in/The-Mother/books/words-of-the-mother-II/#collaboration-and-harmony-in-work>





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THE BASES OF YOGA

SINCERITY

page 40

Sincerity is the key of the divine doors.

*

Sincerity means to lift all the movements of the being to the level of the highest consciousness and realisation already attained.

Sincerity exacts the unification and harmonisation of the whole being in all its parts and movements around the central Divine Will.

21 February 1930

*

Be sincere, always sincere, more and more sincere. Sincerity exacts from each one that in his thoughts, his feelings, his sensations and his actions he should express nothing but the central truth of his being.

4 April 1950

Supramental Sun

We aspire that its rays may illumine and transform us. - *The Mother*

Anthocephalus cadamba (Roxb.) Miq.,
 Rubiaceae
 Kadam tree



To be sincere, all the parts of the being must be united in their aspiration for the Divine - not that one part wants and others refuse or revolt. To be sincere in the aspiration - to want the Divine for the Divine's sake, not for fame or name or prestige or power or any satisfaction of vanity.

*

If earnestly you say to the Divine, "I want only Thee", the Divine will arrange the circumstances in such a way that you are compelled to be sincere.

8 June 1954

*

All division in the being is an insincerity. The greatest insincerity is to dig an abyss between your body and the truth of your being. When an abyss separates the true being from the physical being, Nature fills it up immediately with all kinds of adverse suggestions, the most formidable of which is fear, and the most pernicious, doubt. Allow nothing anywhere to deny the truth of your being - this is sincerity.

7 July 1957

page 42

The greatest enemies of a perfect sincerity are preferences (either mental, vital or physical) and preconceived ideas. It is these obstacles that must be overcome.

*

Before the Eternal Consciousness a drop of sincerity has more value than an ocean of pretension and hypocrisy.

*

An uncompromising sincerity is the surest way to spiritual achievement.

Do not pretend - be.
 Do not promise - act.
 Do not dream - realise.

*

Be honest towards yourself - (no self-deception).
 Be sincere towards the Divine - (no bargaining in the surrender).
 Be straightforward with humanity - (no pretence and show).

25 June 1963

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

FO GROUPS NEWS

(not selected by due Residents' Assembly process)

FROM THE FO N&N 1122

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

COMMUNITY NEWS



OBITUARY

HEIDI WATTS PASSES AWAY



Heidi Watts (Kathleen Heidi Watts) passed away on Sunday 15th March 2026. She was 94. Heidi is well-known in Auroville for her involvement with education.

She was an outstanding inspiration for teachers, working with educators up and down the East Coast of

the U.S.. And for two decades, since 1992, she helped to transform the education system in Auroville, her adopted community. Above all, she fostered and shared education that was interactive and engaging. There are many students and teachers in Auroville who are practicing her innovative and creative way of teaching and carrying the spirit in which she used to guide us.

Heidi called her journey from this world her "last great adventure," and that spirit most captured her enthusiasm for the unknown, and her acceptance and curiosity about the world. We are all missing her. But we are sure that she will guide us in spirit.

OM SHANTHI

(Excerpted from an obituary by Julian Lines, Matagiri, USA)

COMMUNITY SHARING

FOOD SYSTEM ENVISIONING

For the past year, a group of Aurovilians have been meeting regularly in order to address the challenges on Auroville's food system that became more visible in the recent years, and to envision **a new system that improves the interconnectedness between the community, the food and the farmers of Auroville.** We believe Auroville can nurture a new paradigm where food can be truly valued as sacred for the body, grown with care and respect for natural processes and recognized as a need and not as a commodity.

Auroville's food system holds a wide range of diversity in its stakeholders (farmers, distribution centers, community kitchens) and consumers (individuals, units/services, schools). We are also aware that owing to our multi-cultural fabric, we have different understandings, approaches and references to food in its production, distribution and consumption. How do we envision a system that honors and leverages this diversity while uplifting the quality and standard of food for the community as a whole? How can we build more transparency and accountability in food

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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

THE ASYMMETRY OF VIOLENCE

Over recent years, I've sometimes been told that Auroville's current conflict opposes two factions, each consumed with hatred, accumulated frustration, and violence. Recently again, I was asked: "Why can't people from both sides just sit together and negotiate?"

This framing places equal responsibility on both those defending their rights and those supporting the authoritarian takeover, as if the situation were symmetric. It is not. There is no symmetry between resisting oppression and imposing it.

There would be a lot to say to dispel some of the misunderstandings behind these statements. Here I'll try to cover just a few basics.

Alternatives Ignored

Yes, people on both sides have become entrenched in their positions. But it's not as if nothing was tried to bridge both views. In 2021, stakeholders responsible for the Bliss and Darkali forests attempted to find compromises, offering proposals where both the Crown and the forest could coexist. These were simply ignored by those newly in power, and bulldozers were sent instead.

In 2022, the Dreamweaving initiative developed several proposals to bridge conflicting views on the Crown and the city. They were welcomed by the community and, again, swept away by those newly in power. Inflexibility and a rigid interpretation of Roger Anger's Galaxy concept made discussion, let alone negotiation, impossible.

More recently, the Residents' Assembly's Town Development Council started working on an alternative proposal for town-planning, with the help of experts and institutional partners. They faced enormous pressure and were forced to stall the process.

It is also true that some on the community side struggled at times to step beyond their own convictions. In being so anchored to a particular vision, they may have made others feel that any alternative was itself a form of threat. Attachment to fixed positions can be found across the spectrum. But that doesn't justify the imposition of violence that the administration has spearheaded.

The reality of why dialogue wasn't possible is that it didn't fit the timeline of the new administration, who claimed urgency while

clinging to an expired vision. "The future is now," they would say, forgetting that the future they invoke is an old fossil trapped in stone.

Two Forms of Violence

Yes, there has been violence on both sides. But the nature of that violence differs dramatically.

Community members raised their voices or withdrew their warmth from the new administration and its supporters. Some might have used harsh words. But never did they use physical violence or wield institutional power to destroy livelihoods or expel their opponents.



On the other hand, the new administration denied visas, expelling people from their homes. They withheld maintenance allowances, directly impacting their opponents' ability to meet basic needs. They even attempted to send some to jail.

One could say these are administrative actions, not the work of individual Aurovilians. But in reality, it is primarily due to the recommendations and vindictive actions of those Aurovilians who aligned themselves with the Secretary's office.

Even when filing court cases, community representatives never asked that those acting with the administration be jailed, expelled, or deprived of their livelihoods. All they asked for was that institutional processes be respected and that the voice of the Residents' Assembly be heard. They never indulged in personal attacks, nor did they seek revenge from those destroying Auroville. They only tried to protect the community's collective voice and *raison d'être*.

The Conditions for Dialogue

At several stages of this conflict, it would have been valuable for people from both sides to sit at a table and talk. And in fact, this was attempted repeatedly. You had the Dreamweaving initiative, the Harmony meetings, the Synthesis group, Confluence, Way Forward, Deborah Nunes' circles of women, Heartweaving, and many other initiatives I haven't heard of. These efforts represent years of sustained attempts at bridge-building. It's important to keep the channels for dialogue open, no doubt.

But for genuine conversation to happen, you need — at least temporarily — to be on equal ground. How can true dialogue and reconciliation occur when some Aurovilians have a gun to their heads? How can negotiation happen when the power imbalance is so great?

I still believe that reconciliation, in one form or another, needs to happen. But first, the direct threats to the lives and livelihoods of fellow Aurovilians must stop.

You can't reconcile with someone actively trying to expel an elderly Aurovillian simply because he thinks differently. You can't negotiate with someone taking over an initiative or project you spent twenty years building with dedication and love, and simply expelling you from its management with no reasoning, no explanation, and no willingness to talk. You can't have genuine dialogue with someone entrenched in an authoritarian and vengeful mindset, because that person won't be interested in sincere discussion.

Why would they participate if it diminishes the power they enjoy wielding? Why would they sit and talk when all they have been preaching for is precipitated action and urgency? Why would they engage when they no longer see you as a fellow community member, but as someone they want removed?

A Path Forward

It's easy to call for reconciliation. And yes, reconciliation needs to happen. But it must be genuine reconciliation that leads to collaboration, cohesion, and harmony. For that, we first need mutual respect and integrity.

Perhaps something more is also needed. Perhaps genuine reconciliation requires a willingness to listen for what lies beyond our current ideas about the way forward, and to hold our convictions a little more lightly. Crushing everyone else's beliefs and aspirations with one's own projections cannot be the way forward, even less so when these projections are trapped in a past that needs to be carefully updated. Auroville, after all, was not founded on a blueprint but on an aspiration.

Without these essential qualities, any attempt to reconcile would be hollow. And Auroville is the city at the service of Truth, not our individual and fragmented perceptions of it.

Maï, 26th July 2025



FOOD SECURITY IN AUROVILLE

RECLAMATION OF NUTRITIONAL HERITAGE

If we look at civilisations that have emerged on this planet, they are diverse—with different languages, music, dance, handicrafts, costumes, poetry, even spirituality.

But every single culture that has emerged on this planet has emerged because people had a relationship with Mother Nature and with where their food came from.

Food is the lowest common denominator.

We eat three times a day.

It is a collective need.

In the Upanishads, it is called Annamaya Kosha—the food sheath. The first envelope. From this arises the body, from the body arises the mind, from the mind arises language, and language is the vehicle of culture.

So the cultural identities, of which we often feel very proud, actually emerge from the soil—and the plants that grow from the soil.

Agriculture across the planet has always honoured this—whether Bhoomi Devi, Pachamama, or any other name.

The life in the soil—the fertility, the diversity of life in the soil—is in some ways a reflection of the diversity seen in culture itself.

And today, industrial agriculture places an economic value on food rather than its most fundamental value, which is nutritional.

And thus we have created food systems that are extractive—and even hyper-extractive—based on oil, destroying well-being on every level of our existence.

When food becomes merely functional, when our lives become about earning, when industrialisation becomes dominant, we see the consequences.

Foods travelling huge distances.

Foods contributing to lifestyle diseases.

Foods contributing to climate change.

Foods that erode cultural identity, sense of belonging, and knowing.

Even what we call healthy food—organic food—comes at a cost.

An organic potato arriving from the hills carries an entire invisible system—lorries, factories, metals, plastics, oil, refineries, pipelines.

And so the question is not simply: is it organic?

The question is:

Where does our food come from?

This is the crux.

Take moringa, drumstick spinach.

You break off a branch, plant it, and it grows.

There is no special knowledge. Everyone knows.

It grows easily. It grows in abundance.

And because it grows in abundance, it carries a noble virtue—non-exclusivity. A king and a beggar can equally eat moringa.

But only the rich can eat pizza.

Recently, I gave a talk in a college.

The first question I asked was:

Do you like drumstick spinach?

Everyone nodded—yes. It is part of our culture. We eat it at home.

We know how to cook it.

The second question:

Does it grow on your campus?

They told me there are 10,000 students. The campus is huge.

And it grows everywhere.

The third question:

Do you include it in the canteen?

Silence.

This is the irony.

We understand climate change.

And yet something that grows everywhere around us, something we like, something we know how to cook—is not part of our food system.

The problem is simple.

Local foods do not sell.

Today at Solitude Farm Cafe, we served Manathakkali to 50 people.

It was polished off.

This season we must have served at least 250 people—maybe more.

And it grows wild.

Between the tomatoes, between the cucumbers, between the brinjal, between the basil, between the pumpkins, between the bananas, papaya—everywhere.



We harvest it, cook it, and people pay good money to eat it—and leave happy.

The same with banana stem.

Every week—curry, salad, juice.

People come for it. For health.

Radish.
In shops, the leaves are removed and thrown away.
At Solitude, we cook them—with banana stem—and it is one of our most loved dishes.

Turkey berry—Sundakkai.
A wild plant. Grows on its own.
I used to cut it out. Today, it is precious.
You cannot sell these foods easily.
But you can cook them.
And when people eat them, they remember.

This is not criticism.
It is a reflection of all of us.

Without Tamil, we do not see local food.
This is not about fanaticism.

We will eat pizza.
We will eat pasta.

But the majority of our food—especially in institutions—must be local.
Because this is what has been done for millennia.
When we understand local food, farming changes.

Intercropping.
Diversity.
Food forests.
Seeds matter.

Without food, there is no culture.

The abundance of food that can grow here is extraordinary.
But if people do not eat it, it disappears.

Can we imagine:
Drumstick trees growing outside every house in Auroville.
Italian kitchens using drumstick spinach creatively.
Butterfly pea tea. Hibiscus drinks made at home.
Ramphal growing everywhere—even outside Town Hall.
Manathakkali in Solar Kitchen.

Banana stem curries.
Radish leaf dishes.
Not all the time.
But as the foundation.

Because food is a collective need.

And from this, something deeper emerges:
Empathy.

Perhaps soon we must organise a local food festival.
And if there is one policy that makes sense, it is this:

Farms must plant menus.

*by Krishna McKenzie
Solitude Farm Auroville*



UNTWISTING THE TWISTED

Untwisting the twisted,
The Gordian Knot of the ego-mind,
With the blazing Supramental Sword



The symbolic meaning in the context of the ongoing Kurukshetra 10.0 in Auroville reverberating as a global contagion: a representation of Sri Aurobindo and the Mother as the Dual Kalki Avatar severing the Gordian Knot with the blazing Supramental Sword, the Horse as the Creative Power of Mahashakti supporting the Decreed Divine Will of Ishwara, signifying the triumph over the twisted ego-mind.

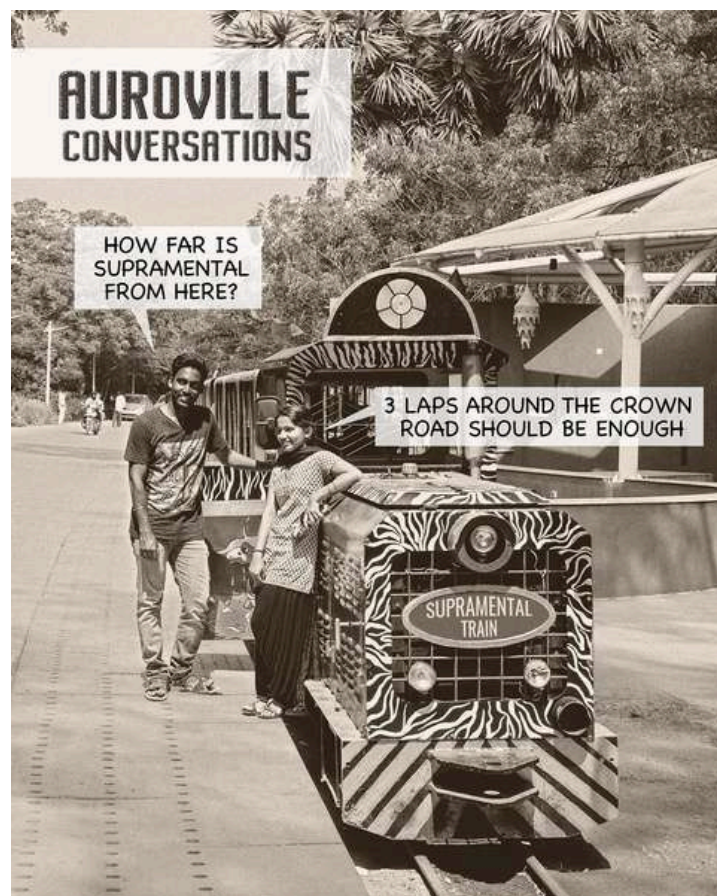
Please click [HERE](#) for the full post.

To easily access the links, please scan the QR Code or go to this blogsite and open the post with the same title:
<https://zechjoya.blogspot.com/>



Zech

AUROVILLE CONVERSATIONS



Submitted by an Aurovilian

FRENCH NEWS & NOTES

NOUVELLES D'AUROVILLE



Auro - Traductions

19 Mars 2026

Click on date or scan the QR code to read the **French News&Notes**.



- **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

INNER JOURNEY

INTRODUCTION TO THE INTEGRAL YOGA OF SRI AUROBINDO AND THE MOTHER

Tuesday 24th March, 9 am - 12 noon
Focus: The Inner Being

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.

VIBRATIONAL SOUND BATH

SOUL NURTURING MEDITATIVE EXPERIENCE WITH THE ORIGINAL RUSSIAN SINGING BELLS

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

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

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

At Mirabelle Education Center, Auromodele,
Kuyilapalayam

Led by Vera (Instagram - [Vera.Auroville](https://www.instagram.com/Vera.Auroville)) and Ashesh Joshi

Please register in advance

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

(Private sessions on request at other timings)



ANNOUNCEMENTS

COMMUNITY GATHERING

FRIDAY 20TH MARCH, YOUTH CENTRE



Dear Sisters and Brothers,

We did our best. Maybe we don't care enough, maybe we care too much or maybe we don't care the right way but, anyway, we have reached our limits. Marie will leave on March 25th and the rest of us in April and May.

We would like to celebrate those intense years spent with you all with a special pizza party on Friday 20th at Youth Center. Please, be our guests. Food will be served from 6:30pm. We'll have Révélation's secret mixed citrus juice, a bonfire, a fundraising table for Mélusine (who is going to volunteer in Japan with AVI), maybe some music and everything you would like to organize/offer for this community gathering.

With Vast Gratitude,

Hug you soon,

Julien, Marie, Mélusine, Célestin, Félicien and Valentin.

OPEN CALL TO PERFORMERS - AUROVILLE'S GOT TALENT

SATURDAY 28TH MARCH, YUVA SANGHA (KAIASH)



Auroville's Got Talent is an open mic for anyone young, old, or in-between to come and express what they love. Music, dance, poetry, stand-up, movement, or something completely your own... It's all welcome.

It's a warm, lively space where the crowd is on your side, cheering for you as you try something, share something, or simply step onto a stage for the first time.

To register, please scan the QR code provided.

We're gathering on **Saturday, 28th March, 6:30–8:30 PM at Yuva Sangha (Kailash)** to celebrate expression, confidence, and creativity together.

If you feel it, try it!

— YouthLink Team

JIVA AUROVILLE

A platform of Auroville's 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

- **22nd, 23rd, 24th March** 3 day JIVA Breathwork workshop

Stay with us, by joining our Webinars !

contact@auroville-jiva.com / WA 96260 06961

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

TAI CHI HALL @ SHARNGA

Daily class timings are

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

No classes on:

- 6th - 16th April

Contact: taichi.auroville@gmail.com



BEFRIENDING DEATH

THURSDAY 26TH MARCH, CREATIVITY LIBRARY

Time: 10:45am - 11:45am

Venue: Creativity Library, Creativity community, Auroville. (Not Av library)

- Open for all.
- No registration / fee required.
- Phones on airplane mode
- Please be seated by 1030am.
- No entry after 1040am.
- Donations welcome.

Hosted by *Deepa*

More about Deepa's work- life- travels

<https://tinyurl.com/v9nwba2>



AUROVILLE STORIES: 2068 : HOW TO STAY INVOLVED



We've just completed our **second annual Auroville Stories event**, where 15 storytellers and many children shared stories and images of hopeful futures. More than 150 people joined the two screenings, and the exploration is just beginning. If this project inspires you, here are **three ways to stay involved**:

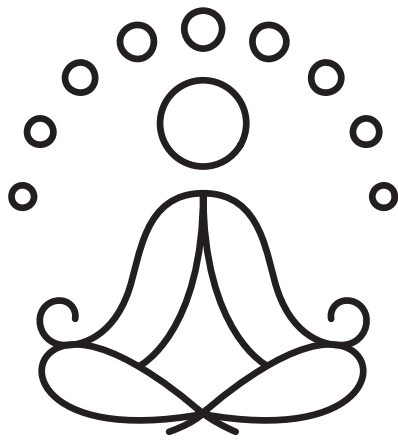
1. **Watch and share the stories** (www.youtube.com/@AurovilleStories/playlists)
 - Please "like", share, and leave comments on stories that resonate with you.
2. **Join the conversation** (bit.ly/avstories)
 - Connect with others through our **WhatsApp community** (announcements + discussion groups)
3. **Create your own "Future Memories"** (bit.ly/future-memories)
 - Imagine a moment in a hopeful future that really matters to you and we'll help visualize it.

Each story.... Each image.... Each idea.... Is a piece of our puzzle. Let's see what happens. It's a beautiful mystery!

Contact daniel@ic.org (+1 978-394-1711) with questions.

Thanks!!!

Daniel Greenberg, Ph.D. | He/Him
Director of Partnerships & Networking
Foundation for Intentional Community



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.monnicamarinoniashtangayoga.com
or WhatsApp +39 3917254083



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: 33AAAIA0037BY3N

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

HIVE COWORKING SPACE

OPEN HOUSE EVERY
FRIDAY, AUROMODE



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

-All for FREE on our Open House.

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

All are Welcome!!!

SUPPORT NEEDED

KEEP CINEMA PARADISO'S MAGIC ALIVE!



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



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



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

LOOKING FOR A PART TIME JOB

Parthipan, who works at PTDC, is looking for a part-time job.

He is a reliable and responsible person, willing to do various kinds of work such as errands, deliveries, and assisting elderly people (he helped care for Giuseppe, who recently passed away).

You can contact him at 80987 40882.

Marco

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! 😊

LOST

SMALL BROWN WALLET WITH GIRAFFE IMAGE

Lost - Small Brown wallet with giraffe image.

In the Sharanga Miracle area.

Contact Jed, WhatsApp- +61400577678

Thank you!



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://serendipity.auroville.org>

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



REGULAR CLASSES FOR MARCH :

Hatha Yoga with Ramesh

- Monday and Thursday from 5:30 - 6:45pm and Saturday 7:30 - 8:45am - drop in class

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

Tibetan Bowls - Sound Healing with Pratik

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

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

WORKSHOPS

FAMILY CONSTELLATION WITH SHANTI

SATURDAY 4TH APRIL, TIBETAN PAVILION



Dear community,

Family Constellations will be offered in the Tibetan Pavilion from. The sessions are facilitated by Shanti and organized by YouthLink.

The workshop will be offered from 10 am - 12:30 pm. Please arrive by 9:30 or 9:45

latest, so that you have time to find your way, settle, and start together. It is quite challenging to find the location due to the road construction. (On the way down the hill to the Visitors Center there is a newly built paved road. Turn right on it and go around 100 meters. After one building on the right, turn right into the opening and you have arrived at the Tibetan Pavilion. The workshop room is across the courtyard, upstairs. You can find Tibetan Pavilion on Google Maps.)

What is Family Constellation?

Family constellation is a process that helps people resolve family traumas and heal ancestral wounds. It uses the facts of the family history. Since it is systemic work, it asks us to include those we don't usually consider as belonging to the family: for example, an ex-partner of a parent. Participants in the workshop will stand as "representatives" in the constellation.

It is not essential that you have experienced Family Constellations before - just that you have the inner feeling to bring your full presence and that you understand that by coming, you will be part of the field in which the work happens. Shanti will give an overview of what is important in this work and teach us how to be a representative at the beginning of the session.

Only one constellation will be set up per session. The person will be selected in a process during the workshop itself.

About the facilitator:

Shanti found this work in 1999 and took many trainings with Bert Hellinger, the originator of this work, and with several of his long-time students over the years, both in India and in Germany.

Shanti is offering this work as her gift to the community. Donations to YouthLink are welcome.

To register, please contact

Shanti on email: anandshanti@proton.me and landline: (0413) 2623314

CULTURAL ANNOUNCEMENTS

ROADKOLAMS BY KATHRIN H

FROM MONDAY 2ND MARCH, AUROVILLE LIBRARY

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



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

Timings:

Mornings:

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

Afternoons:

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



OPEN CALL FOR ACTIVITIES - CENTRE D'ART



Centre d'Art would like to open its gallery to new Activities for the 2026/27 Season. It could be a participatory project, a workshop, a lecture, a performance, ...

We are looking for events that share the joy of creation, spark curiosity, ignite creativity, and connect people, for adults and children alike.

If you are interested please send your submission before **30/04/26** to centredart@auroville.org.in and write "Activity submission" as the subject of the email.

The email should contain:

- Contact details
- A short biography of the artist / facilitator
- The title of Participatory / Workshop project and its explanatory text
- Images of some work in jpg or pdf (max 20 images) in low definition.

Looking forward to seeing your proposals

Centre d'Art Team

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

AT CRIPA

UNSPEAKABLE

SATURDAY 21ST MARCH



Dance/movements expression of human emotions. Hidden behind the intellectual understanding. Is there a possibility to feel only anger? Is the anger a result of disappointment? Or attachment? Can we feel only one emotion? The body speaks...

Dance/movements by Caro with vocal live accompaniment by Shalini and video projections.

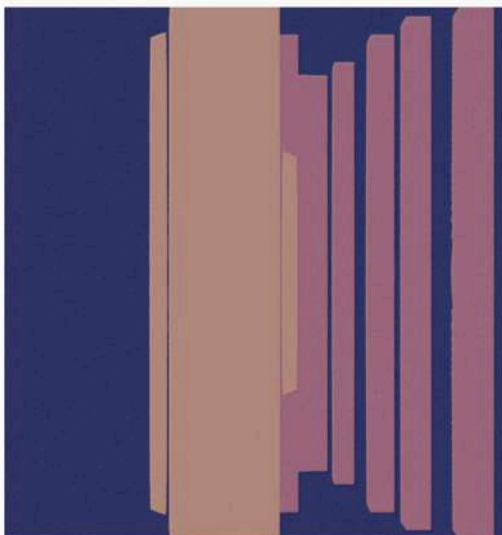
17 : Saturday 21st March
🕒 : 7:30pm (food & drink by Vishnu served from 6:30pm)
📍 : Cripa

Free entry, open to all, contributions welcome.

BEGINNINGS: JAZZ AT SUNSET

SUNDAY 22ND MARCH

BEGINNINGS PRESENTS JAZZ AT SUNSET



Sraddha - Vocals
Matt - Piano
Rolf - Bass
CRIPA
Sunday March 22nd
6:15 pm

Beginnings presents the first of a series of intimate jazz concerts at Sunset on a Sunday evening.

In this presentation, they will perform a set of standards that have been reworked and arranged by Matt, and features Sraddha on Vocals, Rolf on bass and Matt on Piano.

17 : Sunday 22nd March
🕒 : 6:15pm
📍 : Small Hall, Cripa

Free entry, open to all, contributions welcome.



BHRIGU SAHNI LIVE: BEFORE THE BLOOM

SUNDAY 29TH MARCH



Before the Bloom is an intimate solo evening of original songs in Hindi and English, shared in a space of transition.

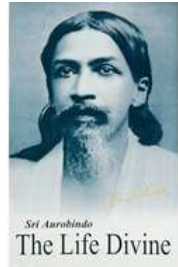
Having recently completed his third album, Bhriгу finds himself in the stillness before it meets the world. This concert brings together songs from earlier chapters alongside newer, unreleased pieces - music shaped by reflection, love, presence, and change. The evening invites you to listen closely, soften a little, and leave feeling slightly more open than when you arrived.

Genres: Singer-songwriter/ Ethereal Folk / Acoustic

17 : Sunday 29th March
🕒 : 7pm (food & drink by Vishnu served from 6pm)
📍 : Cripa

Free entry, open to all, contributions welcome.

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.

BOOK LAUNCH/PERFORMANCE:
**THE EVOLUTION OF HUMAN CONSCIOUSNESS THROUGH
THE EYES OF LUCY THE FOSSIL**
FRIDAY 27TH MARCH, CRIPA



Join us at Cripa for a special book presentation/performance:
The Evolution of Human Consciousness through the Eyes of Lucy
the Fossil.

An evening featuring: A presentation/performance of the book in
English, questions & answers with the author, a unique exploration
of human evolution and consciousness, stories shared and books
signed. With Elichu Magen

17 : Friday 27th March
🕒 : 6pm
📍 : Cripa

Contributions are welcome.
Please confirm your participation via WhatsApp: +91 99527 49221



FROM SOLITUDE FARM

1. Farm Basket from Solitude Farm

We grow a beautiful diversity of local food at Solitude Farm —
pumpkins, lemons, cucumbers, bananas, sweet potatoes, many
kinds of spinach and salads, herbs, and spices. Each week we
harvest what the land gives and prepare a fresh farm basket for our
community.

Our basket service brings this richness directly to you. The
contents change with the seasons and reflect the living diversity of
the farm.

Signing up is simple. You can receive a basket once a week or
more often. Longer subscriptions receive a lower rate, and many
families choose to sign up for a full year.

This service works best for people who value local food and enjoy
taking the time to cook with fresh seasonal ingredients.

For us, this basket service is an act of love for Mother Nature. Its
value is not only in profit, but in nutrition, medicine, ecology,
community, and culture.

Many people who began with a one-year subscription have
continued receiving baskets for years.

And if you receive something unfamiliar — for example banana
stem — we are always happy to show you how to prepare and
enjoy it.

Contact:

- Phone / WhatsApp: 98433 19260
- Email: Solitudepermaculture@gmail.com

Solitude farm & café | Auroville



2. Lunch at Solitude Farm

At Solitude Farm we have been
working with local food, farming and
culture for more than 30 years. One
of the simplest ways to experience
this work is by coming for lunch at the
farm.

Our meals are prepared with ingredients grown right here in the
food forest — seasonal vegetables, greens, herbs and fruits that
reflect the richness of local food traditions. It is fresh food, food
whose origins you can recognise, and food that reconnects us with
the cultural knowledge of this region. Many of these traditions also
resonate with the principles of Ayurveda. In many ways, the meal
tells the story of a journey from farm to plate.

For Auroville residents, there is the option to join the Lunch
Scheme at exactly the same price as Solar Kitchen. Please contact
Nico at Financial Service and he will help you arrange it.

If you have not yet had lunch at Solitude Farm, it is really
something you should try at least once. What is happening here is
quite unique — bringing together farming, culture, nutrition and
ecology through everyday food.

Lunch is served **Monday to Saturday**. Breakfast begins at 9:00
AM, and lunch continues through the afternoon until 3:30 PM.

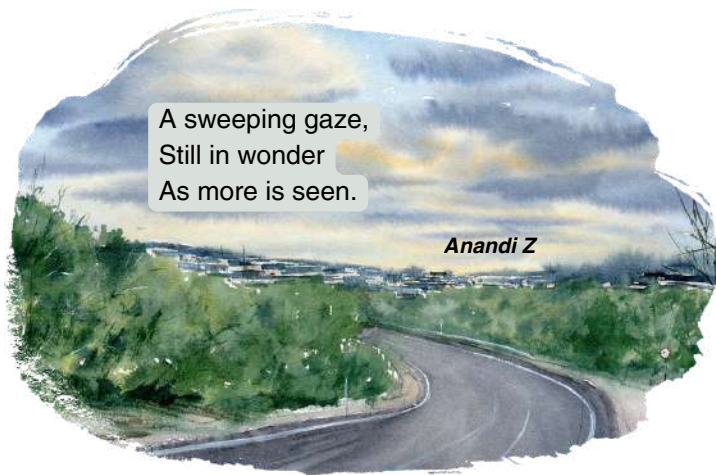
Every Saturday at 11:30 AM we also host a farm tour. Usually
Krishna McKenzie will take people around the farm and share the
story of what has been unfolding here over the last three decades
— the emergence of a food forest, the reclamation of cultural
nutritional heritage, and the many forms of value that local food
carries: ecological resilience, climate awareness, nutrition,

medicine and culture. When we recognise these shared values — that this land is our Mother Nature and these foods are part of our collective heritage — something deeper emerges. Ultimately, the most beautiful profit of local food is empathy, because it brings people together around a shared understanding of life.

There is also a small shop at the farm where we offer products made here, including herbal powders, dried flowers, and seasonal fruits and vegetables. The nursery also has plants, fruit trees and some vegetables available.

We look forward to welcoming you at Solitude Farm.

With love,
The Solitude Farm Team 🌱



A sweeping gaze,
Still in wonder
As more is seen.

Anandi Z

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

- [Marlenka's weekly Offering – Ep.167 \(Literature\)](#)
- [Savitri - Ep.38 : Introductory Comments in Tamil | சாவித்ரி காவியம் ஓர் அறிமுக விளக்கம் by Dhanalakshmi \(Spirituality\)](#)
- [Jumpa's Joyous Journey with Fif - Ep.7 "Anansi and the pot wisdom " \(Stories\)](#)
- [Sri Aurobindo's "The Life Divine" read by Deepti Tewari-B 1, C 28: "Supermind, Mind and the Overmind Maya" \(Sri Aurobindo\)](#)
- ["Mother's Chronicles: Mirra" by Sujata Nahar, Read by Fif - B 1 C1 - "Mira Ismalun" \(Stories\)](#)
- ["Humanity 2.0" by Aviram Rozin with Jazz -A Book Read by Shalev - P1, C3 : "A Parent's Touch" \(Society & Conscious Living\)](#)
- [Une série hebdomadaire de lectures par Gangalakshmi – Ep.529 \(Integral Yoga\)](#)

Latest Youtube Videos

- [The Mother, Music & Spirituality | Gangai Amaran Opens Up with Arivan](#)
- [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

POETRY

On the Road

April 24, 2005

In this time capsule of the road
I live within a steel cocoon,
The miles speed by, the garish signs
Promising the empty boon

To sate the ravenous appetite,
Fill mind with desultory dreams.
The miles speed by and all my soul
Seems rapt in other worlds, the streams

Of music melding with the tires.
My thoughts roam far beyond these wheels
And sounds impinge upon my ears
From a place beyond this life's ordeals,

The quiet of an Ashram's peace.
The faces of its devotees
Return, as deep remembrances
Of soul arise from unplumbed seas

And I am carried back through years
Of longing held within the heart
For One in all this changing scene,
The constant in this crowded mart

Of time, this panoply of life,
Whom I no longer see but know
Above the turbulence of days,
The Friend to whose abode I go.





Cinema Paradiso

Multimedia Center (MMC) Auditorium

Film program: 23rd March - 29th March 2026

At the Multimedia Center Auditorium for Cinema Paradiso screenings, doors open 15 minutes before showtime and close once the film begins. Please arrive on time, avoid crossing in front of the screen or using mobile phones, and note that food and drinks are not permitted inside.

INDIAN - MONDAY 23 MARCH, 8:00 PM:

• POOKKAALAM (SPRING)

India, 2023, Writer-Dir. Ganesh Raj w/ Vijayaraghavan, K.P.A.C. Leela, Basil Joseph, and others, Comedy-Drama, 137mins, Malayalam w/ English subtitles, Rated: NR (G)
Ittoop, nearly 100, stuns his family when he decides to divorce Kochu Thresiamma after uncovering a secret love letter from her past. What follows is a heartfelt, humorous journey through generations, revealing the complexities of love, forgiveness, and family. A much-acclaimed, award-winning drama that blends warmth with wit.

POTPOURRI - TUESDAY 24 MARCH, 8:00 PM:

• YEELLEN (LIGHT)

Mali-France-BurkinaFaso-WGermany, 1987, Writer-Dir. Souleymane Cissé w/ Issiaka Kane, Aoua Sangare, Niamanto Sanogo, and others, Drama-Fantasy, 105mins, Bambara-Fulah w/ English subtitles, Rated: NR (PG-13)
Niankoro, gifted with mystical powers, flees his sorcerer father Soma, who seeks to destroy him. Guided by visions and ancestral wisdom, he embarks on a perilous journey across the Mali Empire. This much-acclaimed, award-winning African epic blends myth, spirituality, and striking visuals into a timeless confrontation of destiny, light, and darkness.

SELECTION - WEDNESDAY 25 MARCH, 8:00 PM:

• GOODBYE LENIN!

Germany, 2003, Writer-Dir. Wolfgang Becker w/ Daniel Brühl, Katrin Sass, Chulpan Khamatova, and others, Satire-Drama, 121mins, German-English-Russian w/ English subtitles, Rated: R
This tragicomedy follows Alex Kerner, who hides the fall of East Germany from his fragile mother Christiane after she awakens from a coma, creating an elaborate illusion to protect her. Witty, heartfelt, and deeply moving, it blurs truth and illusion in a tender tale of love and loyalty — a much-acclaimed, award-winning film. *A son's devotion rebuilds a vanished world.* A must see!

INTERESTING - THURSDAY 26 MARCH, 8:00 PM:

• ARCHITECTON (ARCHITECT)

Germany-France-USA-French Polyesia, 2024, Writer-Dir. Victor Kossakovsky w/ Abdul Nabi al-Afi, Davide Alioli, Michele De Lucchi, and others, Documentary, 98mins, Italian-English w/ English subtitles, Rated: G
A visually stunning exploration of stone and concrete reveals how civilizations rise, collapse, and renew. From ancient ruins to modern skylines, it meditates on architecture as memory and prophecy, showing humanity's enduring imprint across time. Award-winning and internationally acclaimed, it invites audiences to reflect on survival, transformation, and the fragile permanence of human creation. *The film is brought to us by a patron!*

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

INTERNATIONAL FILM - SATURDAY 28 MARCH, 8:00 PM:

• LES ALGUES VERTES (GREEN TIDE)

France-Belgium, 2013, Writer-Dir. Pierre Jolivet w/ Céline Sallette, Nina Meurisse, Julie Ferrier, and others, Thriller-Drama, 103mins, French w/ English subtitles, Rated: NR (PG-13)
This film is being brought to you in collaboration with Alliance Française. Inès Léraud, a fearless journalist, investigates mysterious deaths on Breton beaches linked to toxic algae. Her pursuit uncovers a dangerous web of silence, political pressure, and corporate interests. Tense and socially urgent, this acclaimed eco-thriller compels viewers to confront hidden environmental dangers while revealing the courage required to challenge corruption and protect truth.

CHILDREN'S MATINEE - SUNDAY 29 MARCH, 4:00 PM:

• PUSS IN BOOTS THE LAST WISH

USA-Japan, 2022, Dir. Joel Crawford & Januel Mercado w/ Antonio Banderas, Salma Hayek, and others, Animation-Adventure, 102mins, English-Spanish w/ English subtitles, Rated: PG
Puss, down to his last life, sets out to restore what he has lost by seeking the fabled Last Wish. Joined by Kitty Softpaws and Perrito, he faces Goldilocks, the Bear family, and Jack Horner, while hunted by the relentless Wolf. This award-winning tale delivers thrilling action, laughter, and heartfelt lessons.

CLASSIC WORLD CINEMA @ CINÉ-CLUB

CINÉ-CLUB SUNDAY 29 MARCH, 8:00 PM:

• NIGHT ON EARTH

UK-USA-Germany, 1991, Dir. Jim Jarmusch w/ Gena Rowlands, Winona Ryder, Lisanne Falk and others, Comedy-Drama, 129mins, English w/ English subtitles, Rated: R
Five cab rides unfold across Los Angeles, New York, Paris, Rome, and Helsinki. A Hollywood agent spots unexpected talent, an immigrant struggles with the city's chaos, a blind woman shares insights with her driver, a talkative Roman overwhelms his passenger, and laid-off workers in Helsinki reflect on love, loss, and life's harshness.

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

Do your little bit of good where you are; it's those little bits of good put together that overwhelm the world.

Desmond Tutu

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

HOUSING SERVICE

- **Public Timing:** Access without appointment only Wednesday 3 - 4:30 pm
- **Phone:** (0413) 2622658
- **General Email:** housing@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 - 7pm
- **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/>



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.

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

TIME TO SUMMERNATE AYURVEDA HEALTHY TIPS



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

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

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

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

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

- Favorable taste: Bitter taste, Sweet taste (to take moderately in case of diabetes and high triglycerides). Salty taste should be taken reasonably
- Drink water stored in earthen pot
- Raw food/salads are taken at lunch mainly
- Proteins: mungdal, chickpeas, beans, sprouts, nuts and seeds, non-veg: white meat, fish, seashell, dairies for breakfast or lunch, eggs
- Cereals for energy: jasmine rice, barley, red rice, millet (fermented ragi)
- Vegetables: pumpkin, bittergourd, bottlegourd, snakegourd, ashgourd, cucumber (taken separately), salads, green leafy vegetables, broccoli, cabbage, celery, carrots, drumstick (moringa), zucchini, plantain
- Fruits: amla, pomegranate, banana, ramphala, chiku, papaya, apple, grape, date, watermelon and melon (to be taken separately), coconut
- Beverages: buttermilk, sweet lassi, coconut water, mint, lemongrass, cardamom, chamomile, nannari (sarsaparilla), amla juice, watermelon juice, vegetable juice, cucumber milk (blend ½ cup of peeled cucumber in 1 cup of milk - cow or other veg milk - with a pinch of sugar), electrolyte (1 lemon juice + 1tsp of sugar + 1 pinch salt in a glass of water),
- Lipids: ghee, olive or sunflower or coconut oil
- Spices: cumin, coriander, black pepper, turmeric, fennel seeds, fresh aromatic herbs (dill, coriander, fennel, mint, parsley, saffron).

Avoid:

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

Routine to favour:

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

Cooling plants for the summer:

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

Wishing you a beautiful summer

Be @ Santé Clinic

PS: all these recommendations are more elaborated in my book "Take care of yourself with Ayurveda", available at Maroma in Aspiration, the bookshop of Visitor Centre and Auroville Press Publishers in Aspiration



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

Auroville TO PONDICHERRY

	Trip 1	Trip 2	Trip 3
Svaram Musical Center	7:00	8:50	14:50
Vérité Guest House - Junction	7:02	8:52	14:52
Town Hall - Main Parking	7:06	8:56	14:56
Solar Kitchen (Ex Round About)	7:10	9:00	15:00
Certitude Entrance	7:12	9:02	15:02
New Creation Road	7:17	9:07	15:07
SBI Bank—Kuilapalayam	7:19	9:09	15:09
ECR Junction—Aroma Guest House	7:23	9:14	15:14
Quiet Healing Center—Junction	7:26	9:17	15:17
Lotus Hotel—S.V Patel Salai	7:36	9:30	15:30
Ashram Road Junction	7:38	9:33	15:33
Ashram Dining Hall	7:40	9:35	15:35

Pondicherry TO AUROVILLE

	Trip 1	Trip 2	Trip 3
Ashram Dining Hall	8:00	12:15	18:10
Ashram Road Junction	8:02	12:17	18:12
Lotus Hotel—S.V Patel Salai	8:07	12:22	18:17
Quiet Healing Center—Junction	8:17	12:32	18:27
ECR Junction—Aroma Guest House	8:20	12:35	18:30
SBI Bank—Kuilapalayam	8:25	12:40	18:35
New Creation Road	8:27	12:42	18:37
Certitude	8:32	12:47	18:42
Solar Kitchen (Ex Round About)	8:34	12:50	18:44
Town Hall - Main Parking	8:38	12:54	18:48
Vérité Guest House - Junction	8:42	12:58	18:52
Svaram Musical Center	8:45	13:00	18:55

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

Auroville Vehicle Service
Town Hall, Auroville, 0413 2623302



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

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

EMERGENCY NUMBERS

Ambulance (24/7):		
Auroville 94422 24680	PIMS 0413 2656271	
Security (24/7):		
Auroville Police Station 0413 2677318	Kottakuppam Police Station 0413 2236148	Vanur Fire Station 0413 2677368
Health:		
Health Center 0413 2910005	Santé 0413 2622803	Farewell 89038 36246
Mental Health 24/7 Support:		
Vandrevala Foundation +91 99996 66555		
India Emergency Response Service (24/7): 108		