

Auroville NEWS & NOTES

No 1118 - A weekly bulletin for residents of Auroville

26 March 2026



Youth Centre, Friday 20th March 2026

PONDERING

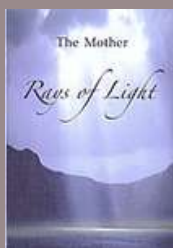
There is a difference between violence and cruelty. In a violent mood one can do a very dreadful act, but afterwards one feels very sorry for it. Whereas a cruel person does the thing in a cold-blooded way—everything is prearranged and is done for its own sake.

The Mother, War and Violence, Words of the Mother III

<https://motherandsriaurobindo.in/The-Mother/books/words-of-the-mother-III/#war-and-violence>



RAYS OF LIGHT



First Edition 1997, Fifth Impression 2011

© Sri Aurobindo Ashram Trust, 1997

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Web <https://www.sabda.in/>

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THE BASES OF YOGA

SINCERITY

page 43

It is not necessary to wait for the others to become sincere in order to become sincere yourself.

9 March 1968

DIVINE LOVE

An Old Chaldean Legend

Long ago, very long ago, in the desert land that is now Arabia, a divine being incarnated on earth to awaken it to the Supreme Love. As one would expect, he was persecuted by men, misunderstood, suspected, hunted after. Mortally wounded by his assailants, he wished to die alone, quietly, so that his work might be accomplished; and pursued by them he fled. Suddenly in the broad barren plain, a tiny pomegranate bush appeared. The Saviour stole under its low branches in order to give up his body in peace; and at once the bush expanded miraculously, increased itself, widened, became deep and luxuriant, so that when the pursuers passed by they did not even suspect that the One they were chasing was hidden there, and they continued on their way.

While drop by drop the sacred blood fell, fertilising the soil, the bush covered itself with marvellous flowers, scarlet, enormous - clusters of petals, innumerable drops of blood...

These are the flowers that for us express and hold the Divine Love.

14 November 1955

page 44

Only he who loves can recognise love. Those who are incapable of giving themselves in a sincere love, will never recognise love anywhere, and the more the love is divine, that is to say, unselfish, the less they can recognise it.

*

To become conscious of the Divine Love, all other love must be abandoned.

DIVINE LOVE AND HUMAN LOVE

Lean more exclusively on the Divine's love. When one receives the Divine's love, of what value can be any human love?

2 September 1939

*

One thing only I can tell you, that whatever the sincerity, simplicity and purity of the relation between two human beings, it shuts them off more or less from the direct divine force and help and limits their strength, light and power only to the sum of their potentialities.

15 February 1950

page 45

If there is, somewhere in some part of your being, still the need for human affection and love, it is better to go through the experience of life; it is the best preparation for Yoga.

*

The thirst for affection and love is a human need, but it can be quenched only if it turns towards the Divine. As long as it seeks satisfaction in human beings, it will always be disappointed or wounded.

*

They always speak of the rights of love but love's only right is the right of self-giving.

*

Without self-giving there is no love; but self-giving is very rare in human love which is full of selfishness and demands.

15 August 1955

*

So long as the ego is there, one cannot love.
Love alone can love, Love alone can conquer the ego.



Discreet Protection

Does its work discreetly, without attracting attention. - *The Mother*

Bougainvillea Comm. Ex Juss
'Trinidad', Nyctaginaceae.

Bougainvillea

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](https://www.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

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WHY IS AGRICULTURE IMPORTANT IN AND FOR AUROVILLE?

Continued from last issue :)

Dimensions of an integral approach to Auroville's food system:

1. The Physical Dimension

Modern industrial practices contribute approximately 30% or more of global greenhouse gas emissions—a footprint largely driven by the intensive use of chemical fertilizers, pesticides, and livestock waste, as well as the transport of food, and the food processing industry. While commercially lucrative in the short term, this model systematically trades long-term ecological health for immediate yields, leaving a trail of degraded landscapes and systemic biodiversity loss in its wake; we destroy the very foundation of what our food growing needs. This degradation creates a "chemical treadmill," necessitating increasingly exploitative interventions to sustain production until the land reaches an inevitable breaking point.

Inorganic farming also has direct consequences for human biology, primarily through the bio-accumulation of endocrine-disrupting pesticides that interfere with our hormonal systems. Furthermore, residual herbicides on produce can act as low-grade antibiotics, disrupting the delicate balance of the gut microbiome which is foundational to our immune and inflammatory responses.

In this light, conscious farming is not just an ecological imperative but a biological necessity for any meaningful terrestrial transformation. It is a commitment to the integrity of the Earth and everything on her which is intended to support a higher consciousness.



2. The Vital (Social-Economic-Behavioural) Dimension

A healthy farm cannot be healthy only ecologically. It must also address people's welfare, and the sovereignty of food production. Concerning economical factors, can we aim at efficient, healthy and responsible processes of producing and processing food and then see what that economically means? From there we can see what the true cost is to produce safe and healthy food for the community.

These considerations raise an important question: What is our collective relationship with food, food production, and farming?

An assessment of Auroville's farms (2024) showed that the shortfall in community-grown food is not only a matter of production. It is also shaped by distribution systems and consumption patterns. Our collective vital preferences—what we desire, choose, and expect—strongly influence what is produced, what is distributed, and ultimately what becomes economically feasible to grow. At the same time, there is often a disconnection between these preferences and the on-ground realities of land, seasons, labour, and ecological limits.

In this sense, Auroville too is at risk of falling into the wider societal habit of monetizing and commodifying food. Prices of vegetables

and fruits have become points of tension and negotiation between farmers, distributors, and consumers. This reflects a broader lack of engagement by the community with the food system, and a corresponding absence of administrative clarity to organise food production as a collective responsibility—where economics becomes a tool of sustainability rather than a means of accumulation. The more disconnected we become from farming, the more our vital preferences drift away from the physical truth of the earth.

Closely related to this is the question of livelihood. Very few young Aurovilians are drawn toward farming today. Much like elsewhere, the ancestral and cultural connection to agriculture is fading. Only a few decades ago in India, farming was deeply woven into social life, with festivals and rhythms organised around land and seasons. Today, many of us relate to food mainly through supermarkets—or, in Auroville, through distribution centres such as PTDC and PTPS. A generation is growing up with the impression that food simply “comes from shops.” Fewer people and communities are investing time, energy, and resources in community gardening and food-related social activities. Food, apart from occasional social meals, is becoming less a living part of our shared community culture.

Agriculture in Auroville therefore, asks something deeper of us: how do we cultivate a vital life that is grounded and disciplined by the physical? How do we develop a healthy relationship between what we want, what we consume, and what the Earth can sustainably provide?

These are questions each of us has the opportunity to explore—not only for Auroville, but as part of a larger human dilemma. Community farming here becomes a rare living laboratory: small enough to engage with directly, yet complex enough to mirror global food challenges, and to pioneer more conscious solutions.

...

To be continued next week!

This is an offering from *Food System Envisioning*
14 March 2026

AV BAKERY & CAFE CLOSED ON SUNDAY

NOTICE:



AV Bakery & Café will be **closed on Sundays** only due to the LPG (gas) shortage.

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

HOW GOOD IT IS TO EXPRESS GRATITUDE...



On two occasions, January 8th and 22nd, the Heartweaving team invited people to express their gratitude: to someone in particular, to a group, to an activity, etc. For this, we provided plain and colored writing paper, pens of all colors and decorative stickers and a place to sit and write these letters of gratitude. These letters could be offered in sealed or open envelopes.

To facilitate this action the Heartweaving team set up two tables, one in front of PTDC and the other in front of the Solar Kitchen. These "gratitude tables" were open from 10:00 AM to 2:00 PM.

We collected nearly 300 letters, most of which were later hand-delivered. When this was not possible they were left at the door of the respective individuals or groups. A few addressed to the Divine or Mother and Sri Aurobindo were offered to a sacred fire. We also received about twenty letters addressed to the Auroville community as a whole. They are addressed to all of us. Samples of these messages accompany this announcement.

Our next "event" will take place on the morning of **April 1st** (not April Fool, Gratitude Table is for real!) at the same locations :

- PTDC from 11 to 12 noon
- Solar Kitchen from 12 to 2 PM.

In addition:

- at Town Hall from 10 to 1 PM near the Bakery Café.

You are invited to express your gratitude; it can be for a smile or something larger, for anything which has touched your heart.

Gratitude to all



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

A "LEGAL NOTICE" EMAIL ...

Dear community,

On Sunday morning, I received a threatening "legal notice" email from Kakananda (Josephine/Kaliananda), sent not only to me but widely copied to Foundation bodies.

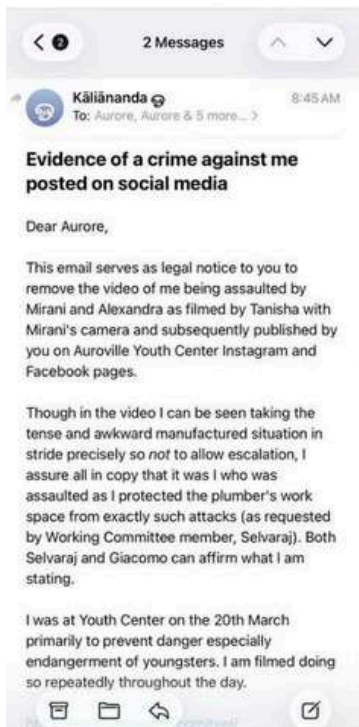
The problem?

It was sent to the wrong person.

I had nothing to do with the post in question.



After reading your email and reflecting on it, I decided to share it so that everyone can exercise their own free will. It's true that I must apologize. I apologize to the Youth Center and its residents for no longer being in Auroville and for not being able to be with you to defend one of the only remaining places for Auroville residents. I apologize for not being able to simply share videos and photos showing the reality of the Foundation staff, like you, Kaliananda. I am no longer subject to visa restrictions; I now have the freedom to express myself.



This is the evidence of a coordinated assault against me with intent to wrongly portray me as an aggressor. If you do not remove it effective immediately, such ongoing action on your part will be taken as wilful collusion to further harm me.

I also have all video evidence from my own phone of the half hour prior and after and I can assure you what I state above is demonstrable.

I've CC'd all offices ATR, ATSC, ASES, Working Committee and Foundation and request immediate support at all levels.

1) **My image must be deleted by you, Aurore, at once from all social media accounts you**

I've CC'd all offices ATR, ATSC, ASES, Working Committee and Foundation and request immediate support at all levels.

1) **My image must be deleted by you, Aurore, at once from all social media accounts you manage and please respond in this thread when it is done.**

2) Since you've damaged my reputation and good name in my field of work, I'm additionally requesting a public apology from you to me and to Youth Center and it's good-willed social media followers for your mistake of unnecessarily twisting a situation for which you were not even present.



While I was trying to understand what this was about, I chose not to engage directly, as I do not recognize the authority of these Foundation groups nor the way the current takeover of Auroville is being carried out.

The post was made by someone else, who later clarified publicly.

Yet despite this, Kakananda chose to publicly accuse me on Facebook.

This is where the hypocrisy becomes impossible to ignore:

I am accused of damaging someone's reputation, while at the same time being publicly misrepresented for something I did not do.

And beyond this individual case, there is a broader pattern many have witnessed:

- People who use force against youth present themselves as victims
- Complaints are filed that reverse what actually happened
- The community's voice and votes are ignored
- Facts are twisted, again and again.

At some point, this needs to be seen for what it is.

I am sharing all elements here so everyone can look at the facts directly and form their own understanding.

Aurore M



Josephine Kaliananda

Suggested for you · 5h ·



This is a troubling and frankly bizarre example of the lack of integrity among a small group of adult Aurovilians currently operating the Auroville Youth Center Instagram account.

To be clear: this account is not run by youth.
This recent incident exposes that directly.

The account is operated by an Aurovilian named **Aurore Mabilat** ("RoRo"), who is currently travelling out of Auroville and was not present during the Youth Center clearing work on March 20. Yet she published a video portraying events she did not witness; footage sent to her by others following a coordinated physical attack (on me) involving multiple individuals.

The video included a staged moment, edited and captioned in a way that misrepresented the situation and implicated me falsely after I was attacked.

Upon seeing this, I immediately sent a formal notice requesting removal of the content. I used the contact details listed in the Auroville directory and copied relevant authorities.

Instead of a response or correction, something far more concerning occurred.

Another Aurovilian, **Aurore Charlanne**, (who has recently left Auroville/India on her own), publicly shared my private email, presenting it as if it had been sent to her. The post omitted identifying details, showing only the name "Aurore," thereby misleading viewers into believing she was the intended recipient and implying that she operates the Youth Center account.

This is deceptive and manipulative.

To be absolutely clear:

The original email was not sent to Aurore Charlanne.

It was sent to Aurore Malibat.

The reposting of that email creates a false narrative and public confusion.

At this point, the issue is no longer a simple mistake.

A reasonable and ethical response would have been straightforward: remove the post and apologise.

Instead, what we are seeing is deflection, misrepresentation, and coordinated narrative control.

It is worth noting that actions like these can have consequences; not because of any external authority like the Auroville Foundation acting arbitrarily, but because harm has been caused and

accountability is required. There is always space for repair when there is sincerity. What is difficult to reconcile is the continued pattern of evasion.

More broadly, this reflects a troubling pattern in which emotionally charged content is circulated with little regard for accuracy, relying on viewers reacting quickly rather than thinking critically.

Many people trust platforms like the Youth Center account, assuming they represent youth voices and integrity. That trust is being misused.

This is not about suppressing dissent or differing views. It's about basic standards:

Do not publish misleading content.
Do not share private correspondence deceptively.
Do not falsely implicate others.

And when a mistake is made:
take responsibility.

So I ask a simple question:

Is it really so difficult to remove a defamatory post and apologise?

If the answer is yes, then the issue we are facing is far more serious than a single incident.

One positive thing I can say about the scheme with Aurore C's post is that it serves as official acknowledgement of receipt by Aurore M.

We have to become better altogether and leave all this deception behind. The future of Youth spaces in Auroville is incredibly bright and I am looking forward to seeing more information and energy thrown in that direction moving forward. I'm all in and I will fully collaborate with others to support the evolution of Auroville's (non-politicised) future youth initiatives! 🙏🌳🌹

**Youth Center Auroville Auroville International USA
Sindhuja Auroville Auroville Foundation Aware
Auroville Manifesting Auroville**



IN THE THICK OF IT ALL

Welcome to this one planet that we all share: Earth.

All these violent upheavals that create suffering puts a spotlight on the obvious limitations of our human mode of existence: that in our ignorance and relative powerlessness as Homo sapiens, we are still slaves of the undivine and anti-divine forces.

Although the awakening Divine Spirit within us finds this unacceptable, we are also all That in our inherent Oneness, however dark. And we offer it all to the Supreme Divine Mother for transformation to the Divine Light and Love, Beingness, Consciousness-Force and Bliss.

Thus the True Understanding and Vision-Goal of Auroville as per our Avatar founders Sri Aurobindo and the Mother become crystal clear for the sincere aspiring individuals...



Please click [HERE](#) or scan the QR Code for the full post.

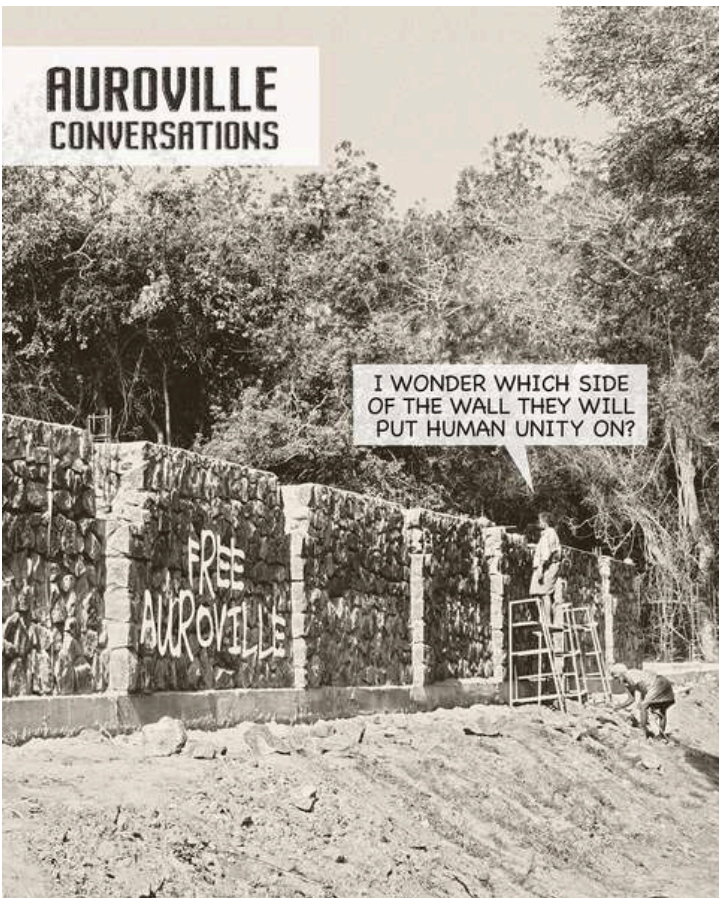


To easily access the links, please scan the QR Code or go to this blogsite and open the post with the same title:

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

Zech

AUROVILLE CONVERSATIONS



Submitted by an Aurovilian

FRENCH NEWS & NOTES

NOUVELLES D'AUROVILLE



Auro - Traductions

26 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 31st March, 9 am - 12 noon

Focus: The Psychic 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.

- **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)

BHAGAVAD GITA IN DAILY LIFE

SUNDAY 29TH MARCH - FRIDAY 24TH APRIL 2026

Bhagavad Gita in Daily Life

Welcome to a collective learning journey with practices and reflections to integrate the wisdom from the Bhagavad Gita into day-to-day living.

29th March to 24th April, 2026

Details and Registration: tinyurl.com/gitainlife

Warmly, Vidyamandir Auroville Team

*"All can be done
if the god-touch is there."
Sri Aurobindo, Savitri I.17*

On **29th March, 1914**, The Mother met Sri Aurobindo for the first time in Pondicherry, recognizing him from her spiritual visions as "Krishna." **24th April, 1920**, marked The Mother's final arrival in Pondicherry when she returned to settle permanently and work with Sri Aurobindo on their Integral Yoga sadhana. She later called this date a "tangible sign of the sure Victory over the adverse forces."

Some of us are embarking on a **collective learning yajna** to integrate the wisdom from Bhagavad Gita in our day-to-day life. We will be referring to all 700 shlokas of the Gita in Sanskrit along with daily practices, reflections and reading excerpts from Sri Aurobindo's Essays on the Gita and The Mother's writings.

All are welcome.

Dates: 29th March to 24th April, 2026

Time: 5 am to 6 am (Everyday)

Place: Online Zoom Call

For more details and registration click: tinyurl.com/gitainlife

Feel free to also write to us on: vidyamandir@auroville.org.in

Grace and Gratitude,

Deven, Shaalini and many others

On behalf of Vidyamandir, Auroville

ANNOUNCEMENTS

AUROVILLE'S GOT TALENT

SATURDAY 28TH MARCH, YUVA SANGHA (KAIASH)



Join us for an evening of Auroville's own talent, rap, stand-up, live music, poetry, dance, a fire show, and more.

AGT is a warm, lively space where our community comes together to share their expressions and cheer each other on.

- **Saturday 28th March**
- **6:30 – 8:30 PM**
- **Yuva Sangha (Kailash)**

Guests coming from outside of Auroville, please register at <https://forms.gle/sMAKQy8mQxU8WLbK7>

— YouthLink Team



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



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,*

ONGOING WITH TIME CHANGE

FROM APRIL 7.30-9.30

Ashtanga Yoga, practiced in a 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

More information:

www.monicamarinoniashtangayoga.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: 33AAATA0017BY 1N



**LITTLE RAIN
HAS BROUGHT
THE WEEDS
BACK —
EDIBLE
WEEDS WALK
SATURDAY
28TH MARCH ,
AUROVILLE**



Little rain has brought the weeds back — let's explore them together!

- Edible Weeds Walk — Saturday 28th March 2026, Auroville
- Free walk, limited to 10 participants.

Requirements

- Edible Weeds Coloring Book + insert (two people can share a book)
- If you don't have a copy of the book purchase (₹600) ahead via QR code and confirm by email

To register, email edibleweedwalk@gmail.com with:

1. Number of participants
2. Number of books you have or have purchased

Venue details will be shared with registered participants.

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.

contact@auroville-jiva.com / WA 96260 06961

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

**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



NEED A PLACE TO WORK?

OPEN HOUSE | **Hive**
COWORKING SPACE

FREE ON EVERY FRIDAY

More Info : +91 90 42 75 95 40 | www.auromode.in

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


-All for FREE on our Open House.

- Venue: Hive, Auromode
- Time: 9 am - 7 pm
- Visit us at www.auromode.in/hive-coworking 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!



Cinema Paradiso:
Fuel Our Magic – Last 3 Pledges!
Multimedia Center Auditorium – Cinema Paradiso (MMC-CP)

MMC-CP – FY 2025-26 Ends Soon. Your Gift Keeps Stories Alive!

Heartfelt thanks to 5 heroes at ₹3,000+/month! We urgently need 3 more units at ₹3,000, or several at ₹1,000+ to reach ₹9,000. This will restore our pre-COVID heartbeat. We can then chase external funds for vital equipment upgrades.

How to Give:
Auroville Units/Activities:
Easiest. Set up recurring specified contribution via FS to MMC-CP #105106.

Individual Contributions

Indian Nationals (Aurovillian or not):
FS Transfer, cheque, or NEFT to Unity Fund (A/c 10237876031). Get guidance at Unity Fund, FS. Write "MMC-CP general purpose". Please inform us by email at mmcauditorium@auroville.org.in

Foreign Nationals (Aurovillian or not):
Overseas cheque to Auroville Foundation (A/c 40106120526) facilitated by the Unity Fund at FS: In the form at Unity Fund write for recipient "MMC-CP", purpose "general". Inform us at mmcauditorium@auroville.org.in! Allow clearance time.

Pledge today—spark joy!

Grateful,
MMC-CP Team



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*



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

1 - BORROW A CAR

Would like to borrow a car for a month or so to do some trips to Kodai and back.

It will be driven by my partner who is an ace driver and has been driving in many countries since a young age.

Thank you for considering.



2 - SEEDS

Thinking of planting a small garden in a cool place.

Thus, if you have seeds (lettuce, tomatoes, moringa etc) for winters, pls share.

It could also be saplings (basil etc).

Thank you for sharing.



3 - CONTACT LENS SOLUTIONS

Looking for contact lens solutions even if its expired.

Thank you for looking into your forgotten drawers for this one.

Thank you for sharing.

4 - HEADLAMP WITH A USB CHARGER

Looking for a head lamp with a usb charger. Happy to offer a contribution / my abundant skills in exchange.

Thank you for sharing.

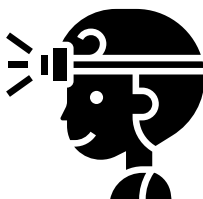
Regards,

Deepa

98115 74667 (no wa),

stigmatad@gmail.com,

[@nomadicdeepa](https://www.instagram.com/nomadicdeepa)



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

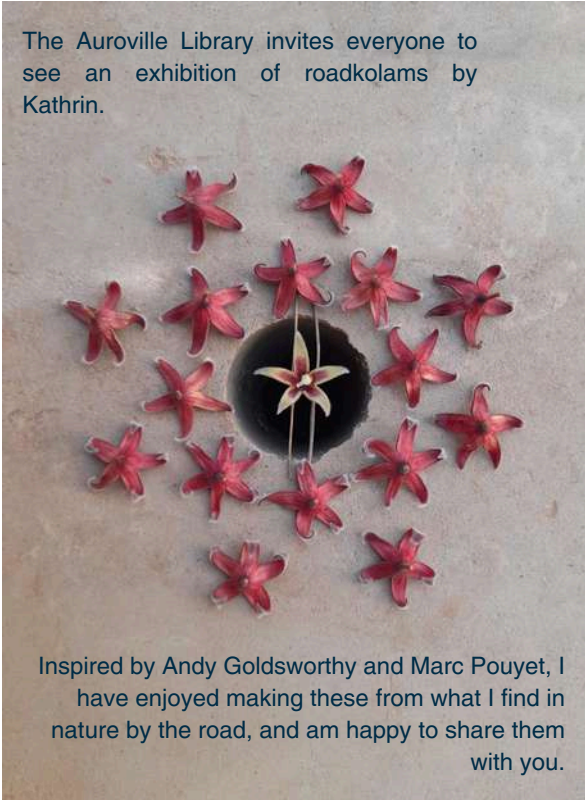
Shanti on email: anandshanti@proton.me and landline: (0413) 2623314

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:

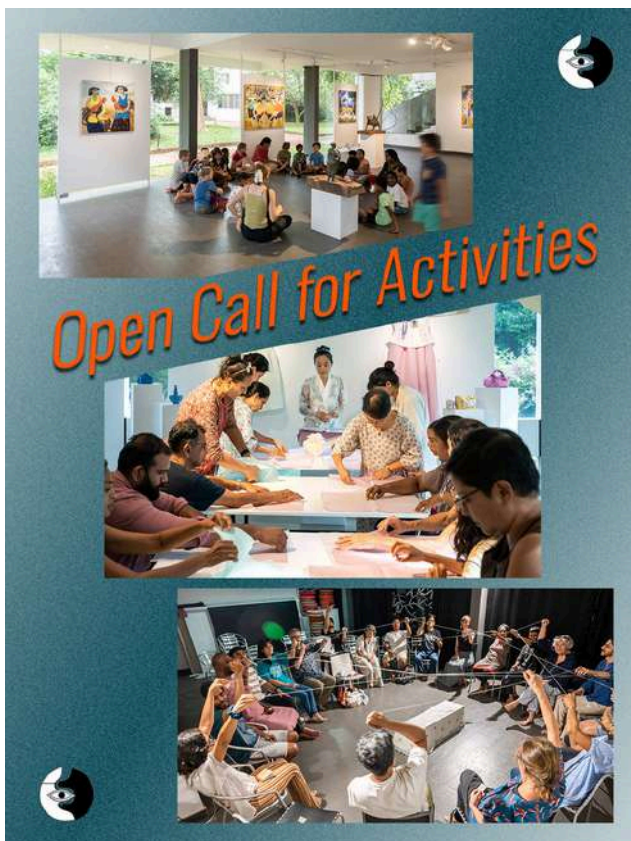
- Monday to Saturday : 9am - 12:30pm

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

MANNIN MANDHIRAM (MAGIC OF THE EARTH) BY KRIPA
OPENING FRIDAY 3RD APRIL, PITANGA

MANNIN MANDHIRAM

(Magic of the earth)

A photo documentary about the making of terracotta votive forms in Auroville,
by Kripa



Opening
Friday 3rd April 2026 from 4-5:30 pm

Exhibition from Fri 3rd to Sat 25th April 2026



Exhibition timings: Daily, except Sundays & holidays

8.30 - 12.00pm & 2.30 - 5.00pm

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: 32AAATA0037BY3H

AT CRIPA

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, Bhriugu 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

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

Free entry, open to all, contributions welcome.

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.

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




Book Launch
English

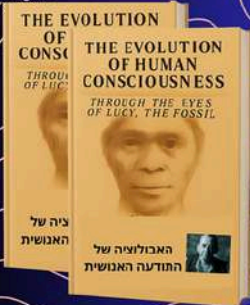
CRIPA - Friday, the 27th March at 6pm.
Please confirm your participation - WhatsApp 9952749221

The meeting will include a book presentation in English
The Evolution of Human Consciousness
through the Eyes of Lucy the Fossil
(Getting to Know Lucy the Fossil)

Questions and Answers, Part of
the book presentation
Experience - Experiencing the
experiences of evolution will be
interesting



Stories shared, books signed,
memories made – with
Elishu Magen



Contributions are welcome!

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 Elishu Magen

: 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

**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

A WEE TIMEOUT...



POETRY

In an Age of Innocence

Sept. 4, 2005

In an age of innocence so long ago
When mind lay still and life leaped up in song
All the movements of our days were slow
And needs were few, we sorted right from wrong,
The family was a castle, safe and strong.

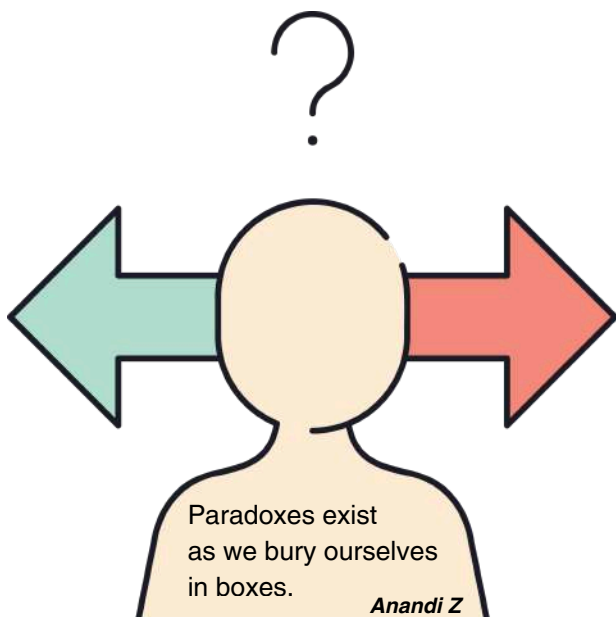
A simpler time in a quiet sleepy town
Where neighbours smiled and gardens ever new
Blossomed with the seasons and were sown
With care but still deep-rooted thistles grew
And prejudice unspoken flowered too.

Then Hitler rose upon the wakened beast
And children saw the family torn apart,
On earth the great Asura was released
Torment and pain the new demonic art
And night fell on the troubled human heart.

The evil now is easier to see
Torn are the coloured curtains of the mind
And earth confronts a dangerous destiny
Unless within the being's truth we find
An exit from the baser humankind.

When the soul is found we must break Falsehood's hold
Acknowledging the light that in us hides,
This human frame by God's design remould,
Reject the voice that whispers and divides
And feel the grace that now on earth resides.

Narad





AUROVILLE RADIO



Dear Aurovilians,

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

Last published Podcasts

- [Marlenka's weekly Offering – Ep.168 \(Literature\)](#)
- [Savitri - Ep.39 : Introductory Comments in Tamil | சாவித்ரி காவியம் ஓர் அறிமுக விளக்கம் by Dhanalakshmi \(Spirituality\)](#)
- [Jumpa's Joyous Journey with Fif - Ep.8 "The Stones That Remember" \(Stories\)](#)
- ["Mother's Chronicles : Mirra" by Sujata Nahar, Read by Fif - B 1 C 2 - "Mathilde and Barine" \(Stories\)](#)
- ["Humanity 2.0" by Aviram Rozin with Jazz -A Book Read by Shalev - P1, C4 : "Natural Learning" \(Society & Conscious Living\)](#)
- [Une série hebdomadaire de lectures par Gangalakshmi – Ep.530 \(Integral Yoga\)](#)

Latest Youtube Videos

- [Sri Aurobindo's The Life Divine read by Deepti Tewari | Book 1 - Chapter 9](#)

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

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

Peace and love

Regards,

Sai Priya for Auroville RadioTV

CINEMA

CINEMA PARADISO PRESENTS: KATÔ

THURSDAY 2ND APRIL, MMC AUDITORIUM, TOWN HALL



Cinema Paradiso Presents
On Thursday, 2 April 2026 @ 8pm @ MMC Auditorium, Auroville
Zaya Benazzo & Maurizio Benazzo's



katô
DREAMS OF DARK EARTH

Katô: Dreams of Dark Earth
Brazil, 2026, Dir. Zaya Benazzo & Maurizio Benazzo w/the Munduruku community leaders of Sawré Muybu, 76mins, Portuguese w/ English subtitles, Rated: NR (PG)

In the Amazon's Tapajós River basin, the Munduruku people face mercury contamination and illegal mining that threaten their land, memory, and survival. Through intimate voices and haunting imagery, this award-winning documentary captures resilience and cultural strength, revealing how daily life becomes an act of resistance. A stirring portrait of courage and ancestral heritage, it invites audiences to witness a struggle that continues to inspire and demand attention.

Gratitude to Science and Non-Duality (SAND) for this generous gift—the sixth film in a continuing series, certain to move and inspire audiences in the months ahead.

A single screening. A truly unmissable experience.

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

Cinema Paradiso

Multimedia Center (MMC) Auditorium

Film program : 30th March - 5th April 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.

We begin a new financial year this week. Until last week we screened 50 weeks of films, 350 titles, and hosted the weeklong 9th Auroville Film Festival for the community. This was achieved without a running budget. To continue we need you, those of us here in Auroville, to step up and help complete our recurring funding goal. We are close, we just need you!

INDIAN - MONDAY 30 MARCH, 8:00 PM:

• PARASAKTHI (THE SUPREME POWER)

India, 2026, Dir. Sudha Kongara w/ Sivakarthekeyan, Ravi Mohan, Atharvaa Murali, and others, History-Drama, 161mins, Tamil w/ English subtitles, Rated: NR (PG-13)

Based on true events, Arjun and Karthik are swept into the historic anti-Hindi movement of 1960s Tamil Nadu, where their courage and family bonds are tested against powerful forces determined to silence them. This award-winning drama delivers gripping storytelling, celebrating resilience, identity, and the enduring spirit of those who stand firm.

POTPOURRI - TUESDAY 31 MARCH, 8:00 PM:

• CACTUS FLOWER

USA, 1969, Dir. Gene Saks w/ Walter Matthau, Ingrid Bergman, Goldie Hawn, and others, Comedy-Romance, 104mins, English w/ English subtitles, Rated : M

Toni Simmons falls for Dr. Julian Winston, a dentist who pretends to be married to avoid commitment. When Toni insists he divorce, Julian persuades his assistant Stephanie to pose as his wife. What follows is an award-winning tale of tangled lies, unexpected revelations, and the surprising ways love and honesty emerge.

SELECTION - WEDNESDAY 1 APRIL, 8:00 PM:

• SALMON FISHING IN THE YEMEN

UK-USA-Morocco, 2012, Dir.Lasse Hallström w/ Ewan McGregor, Emily Blunt, Amr Waked, and others, Comedy-Drama, 107mins, English-Arabic-Mandarin w/ English subtitles, Rated: PG-13

Dr. Alfred Jones, a cautious fisheries scientist, is drawn into Harriet Chetwode-Talbot's mission to fulfill a visionary sheikh's dream of bringing salmon fishing to Yemen's desert. What begins as skepticism transforms into discovery, faith, and unexpected love. This award-winning story celebrates resilience, imagination, and the extraordinary power of belief against all odds.

INTERESTING - THURSDAY 2 APRIL, 8:00 PM:

• KATÔ: DREAMS OF DARK EARTH

Brazil, 2026, Dir. Zaya Benazzo & Maurizio Benazzo w/ the Munduruku community leaders of Sawré Muybu, 76mins, Portuguese w/ English subtitles, Rated: NR (PG)

Where the earth dreams, voices rise. In the Tapajós River basin, the Munduruku people face mercury pollution and illegal mining that endanger land, memory, and survival. This award-winning documentary captures resilience, cultural strength, and courage. *We thank SAND for this generous sharing, the fifth in a series that will continue to inspire. Can't miss!*

***Your generous support to help sustain and
grow this community space.***

EVERY CONTRIBUTION COUNTS!

INTERNATIONAL FILM - SATURDAY 4 APRIL, 8:00 PM:

• FATHER MOTHER SISTER BROTHER

USA-UK-Italy-France-Ireland-Germany, 2025, Writer-Dir. Jim Jarmusch w/ Tom Waits, Adam Driver, Mayim Bialik, and others, 110 mins, English-French-Italian w/ English subtitles, Rated: R

Estranged siblings and distant parents reunite across three countries, confronting old wounds and fragile bonds. Through shifting perspectives, unresolved tensions surface, forcing each to reckon with love, loss, and identity. This award-winning story blends humor and poignancy, offering a compelling portrait of family ties stretched across time and distance. *Can't miss!*

CHILDREN'S MATINEE - SUNDAY 5 APRIL, 4:00 PM:

• HAURU NO UGOKU SHIRO (HOWL'S MOVING CASTLE)

Japan, 2004, Writer-Dir. Hayao Miyazaki w/ Chieko Baishô, Takuya Kimura, Tatsuya Gashûin, and others, Animation-Adventure, 119mins, Japanese w/ English subtitles, Rated: PG

Sophie, a young milliner cursed into old age by the Witch of the Waste, seeks refuge with the mysterious wizard Howl and his fiery companion Calcifer. As war looms, Sophie discovers strength within herself and the secrets of Howl's moving castle. This award-winning tale celebrates resilience, love, and the magic of transformation.

CLASSIC WORLD CINEMA @ CINÉ-CLUB

CINÉ-CLUB SUNDAY 5 APRIL, 8:00 PM:

• 8 ½

Italy-France, 1963, Dir. Federico Fellini, w/ Marcello Mastroianni, Anouk Aimée, Claudia Cardinale, and others, Drama, 138mins, Italian-French w/ English subtitles, Rated: NR.

Guido is a film director, trying to relax after his last big hit. He can't get a moment's peace, however, with the people who have worked with him in the past constantly looking for more work. He wrestles with his conscience, but is unable to come up with a new idea. An autobiographical film of Fellini, about the trials and tribulations of film making.

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@aurville.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@aurville.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@aurville.org.in:**

Any day except Tuesday & Sunday,	<u>8:00 am - 8:25 am</u>
Arrival at 7:45 am at the Office Gate	
- The Inner Chamber, the Petals and the Gardens are open to the Children of Auroville and the Outreach Schools:

Tuesday	9:00 am - 11:00 am
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- Auroville units can bring their staff to the Inner Chamber with a prior booking at mmconcentration@aurville.org.in:

Tuesday	8:00 am - 8:30 am
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Petals of the Matrimandir

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

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

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

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

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

The Inner Chamber of the Matrimandir is open to Visitors and Guests by prior booking only. Visitors and Guests seeking to concentrate in the Inner Chamber are requested to inquire at the Information Desk of the Visitors Centre after first visiting the Viewing Point, or to go to the website: aurville.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@aurville.org.in.

Antoine for Matrimandir Executives Team

Auroville TO PONDICHERRY

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

Pondicherry TO AUROVILLE

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

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

Auroville Vehicle Service
Town Hall, Auroville, 0413 2623302



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

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

EMERGENCY NUMBERS

Ambulance (24/7):

Auroville 94422 24680	PIMS 0413 2656271	
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Security (24/7):

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

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

Vandrevala Foundation +91 99996 66555

India Emergency Response Service (24/7): 108