

Auroville

# NEWS & NOTES

No 1121 - A weekly bulletin for residents of Auroville

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16 April 2026

RA EDITION

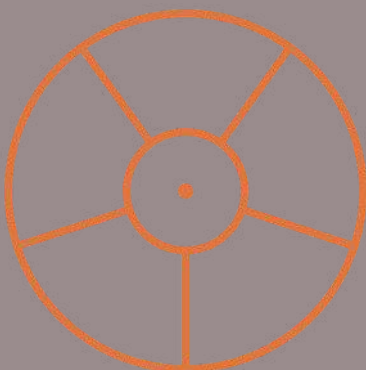


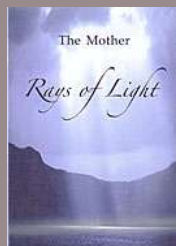
## PONDERING

There is no end to the wonders of the universe.

The more we get free from the limits of our small ego, the more these wonders disclose themselves to us.

*The Mother, [The Universe: Manifestation of the Divine](#), Words of the Mother III*





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## THE BASES OF YOGA

### QUIET

page 51

It is only in quietness and peace that one can know what is the best thing to do.

3 November 1937

\*

It is not in the outward circumstances that you must look for quietness, it is from inside yourself. Deep inside the

page 52

being there is a peace that brings quietness in the whole being down to the body, if we allow it to do so.

It is that peace you must seek and then you will get the quietness you wish for.

### PEACE

Nowhere will you be able to find peace unless you have peace in your heart.

\*

There is no greater peace than that of a pure mind.

\*

It is from the Divine that a sadhak receives peace, a peace quite independent from outward circumstances. Turn more towards the Divine, aspire for the real inner peace and you will get enough peace to carry on your work without disturbance.

\*

In peace and inner silence you will more and more become conscious of the constant Presence.

In peace and silence the Eternal manifests. Let nothing trouble you and the Eternal will manifest.

12 May 1954

### SILENCE

In the perfect silence of the contemplation all widens to infinity, and in the perfect peace of that silence the Divine appears in the resplendent glory of His light.

27 October 1954

\*

It is in silence that the soul best expresses itself.

7 June 1958

\*

It is in the silence of complete identification with the Divine that true understanding is obtained.

October 1969

\*

With words one can at times understand, but only in silence one knows.

\*

Silence: the condition of the being when it listens to the Divine.

#### Integral Silence

The source of true force. - *The Mother*  
*Passiflora foetida*, *Passifloraceae*.  
 Running pop, Love-in-a-mist, Wild  
 water lemon



# NEWS & NOTES GUIDELINES

## DEADLINE FOR SUBMISSIONS:

**TUESDAY 5PM**

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

## RA NEWS & NOTES - A QUICK GUIDE



### What We Publish

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

### Working Groups & Foundation Office Content

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

### What We No Longer Publish

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

### Exceptions

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

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

### Submission Guidelines

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

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

• For past issues or to subscribe, visit: [auroville.media/newsandnotes](http://auroville.media/newsandnotes)

*We thank you for your collaboration and understanding.*

## DISCLAIMER:

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

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

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

*The News & Notes Team*  
[newsandnotes@auroville.services](mailto:newsandnotes@auroville.services)

## LIST OF ACRONYMS:

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

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

### Working groups selected by the Residents' Assembly:

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

### GB groups:

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

## NOTE FROM THE EDITORS



Dear Community,

### Here is some important information:

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

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

In community,  
The RA Community Edition News & Notes Team

## FROM THE AUROVILLE COUNCIL

### AVC NOTE: REAFFIRMING BALANCE AND COLLABORATION IN AUROVILLE'S GOVERNANCE

In view of the current situation in Auroville, there is a need to respond with breadth, steadiness, and clarity. This moment calls for an approach that acknowledges what is unfolding, integrates recent changes, and identifies constructive ways forward that remain aligned with the foundational spirit of the community.

A practical step would be to establish a clear and objective framework for a working relationship, setting out principles of engagement, channels of communication, and shared processes for decision-making and conflict resolution. This framework should enable a mode of coexistence and collaboration that both safeguards Auroville's values and engages constructively with institutional realities.

As a matter of fact, the respective roles of the International Advisory Council, the Governing Board, and the Residents' Assembly are clearly defined in the Auroville Foundation Act and have been reaffirmed in multiple judicial observations. These three bodies form an interdependent structure: if one is disregarded or marginalised, the functioning of the whole is weakened. For Auroville to develop in a balanced and sustainable manner, all three must be able to operate in coordination.

*"Auroville will be a site of material and spiritual researches for a living embodiment of an actual human unity", the Auroville Charter*

Auroville is a place of experimental nature, amongst other aspects. This is a highly distinguishing factor, and a great amount of flexibility in organisation is required, to provide the needed space for such research and experimentation. The embodiment of human unity naturally implies diversity (rather than uniformity).

Given the nature of Auroville, it is appropriate to also include spirituality at the level of governance and to engage directly on this ground. This involves all parties addressing each other with clarity and sincerity, inviting a shared reflection on what such principles mean in practice, and identifying where there is genuine openness to cooperation.

The emphasis, throughout, should remain on goodwill, transparency, and a willingness on all sides to enter into sincere dialogue as the basis for any sustainable path forward.

*"Collaboration does not mean that everybody should do the will of the man who asks for it. True collaboration is a non-egoistic union of all personal efforts to express and realise the Divine's Will."*

- Mirra Alfassa (Words of the Mother II, p. 185.)

The Auroville Council

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

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## FO GROUPS NEWS

(not selected by due Residents' Assembly process)

### FROM THE FO N&N 1126

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

## COMMUNITY SHARING

### COMMUNITY POTLUCK GATHERING

FRIDAY 24<sup>TH</sup> APRIL, ETERNITY



Potluck, Collective Moment of Silence, Walk  
Friday → 24th April → 4-7pm.

April 24<sup>th</sup> marks the Mother's final arrival in Pondicherry. The day signifies sure victory over the adverse forces.

On this symbolic occasion, let us come together in community to invoke the divine, honour the spirit of the forest and the ocean, and open ourselves to the guidance and courage needed for what lies ahead...

Please bring yourself, and something simple to share as it is a potluck gathering.

We will walk together to the ocean, through the forest and close with a moment of collective silence to honour the land: its history, its power, its story, and its unfolding future.

- Friday 24<sup>th</sup> April, 4-7pm
- [https://maps.app.goo.gl/YmKFKtuAqYGpzKEE8?g\\_st=ic](https://maps.app.goo.gl/YmKFKtuAqYGpzKEE8?g_st=ic)

### FROM FOODLINK: AUROVILLE MILK AVAILABLE



Dear Residents & Units,

We have about 20L of raw cow milk available on Sunday afternoons and we're looking for **regular orders** with a minimum quantity of 500ml.

You can place your order via e-mail ([foodlink@auroville.org.in](mailto:foodlink@auroville.org.in)) or WhatsApp (+91 83002 68804) and collect the milk in your own container(s) at our office next to PTDC between 3-4 PM.

Thanks,  
Aumurto

## ABUNDANCE PROJECT COORDINATION GROUP GRANT PROPOSALS 2026 FWE AND SDZ

Aurovilians are invited to prepare and submit grant proposals for possible funding by Stichting De Zaaier and the Foundation for World Education in the second half of 2026.

A grant application form and budget request table are available on request from [abundance.pcg@auroville.org.in](mailto:abundance.pcg@auroville.org.in) for this purpose.

You are encouraged to send in a draft version of your proposal before finalizing the application.

Following the procedures set up by the Foundation for World Education and Stichting De Zaaier, proposals will be checked to ensure that the grant request falls within their funding criteria and then forwarded to them to be reviewed for selection and grant allocation by their Board members.

Please note that *funds are not available for infrastructure, buildings or transport*. Requests for equipment will be considered if specifically required for the implementation of the project and are not already available in Auroville.

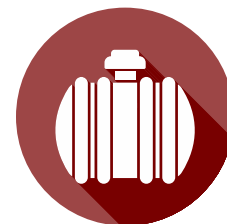
NB Both SDZ and FWE have indicated a preference for the funding of projects and activities for which the maintenance of Aurovilians is either covered by Auroville or from a source other than the grant being requested.

**Please note that if you are submitting a proposal that has anything to do with Auroville or Auroville Outreach schools, or, students of any individual classes, your proposal is to be reviewed by all concerned School Boards prior to being submitted.** (Please contact any individual schools mentioned in your proposal before submitting it to the School Boards.) It is important that all the relevant bodies (i.e. schools, teachers, school boards, etc.) are aware of your project and support it. In this way, the donors will know that such requests have the support of schools and thereby have a greater impact on the beneficiaries of the project.

**Important to note:** If you have already received funding for a project through Abundance PCG please send in a progress report/status update (if project is ongoing) or final report (if project has been completed or all funds have been utilized) before making an application for new grant.

For more information, assistance or a grant application form and budget request table, please write to [abundance.pcg@auroville.org.in](mailto:abundance.pcg@auroville.org.in)

### INFORMATION ON THE SERVICING OF SEPTIC TANKS



Septic tanks function as settlers for biowaste solids in wastewater. They are sealed at the bottom and on the sides and have an overflow outlet to the next part of a sewage treatment system. The bacterial breakdown of the settled sludge is the first step in sewage treatment.

The settled sludge needs to be removed at regular intervals (to permit continuous settling of solids), that is between a few months and a few years dependent on septic tank size, wastewater volume and number of wastewater generating users. When sludge sediment fills about half the height of the tank, suspended solids get less time to settle and increasingly flow above the sediment into the next treatment modules - where they inhibit subsequent treatment functions.

The operation of sludge removal does not need to empty a septic tank from all wastewater - this would be a waste of work and of costs; it is only meant to remove the sludge sediment. A small mass of sludge left at the bottom of the tank serves as a starter for optimum performance, as it contains the microbiota that decompose the biowaste. -- Please avoid dropping non-biodegradable waste into toilets and drains.

The dry months of the year i.e. the current season till late July is the best time for this service; monsoon times and heavy rains will make it difficult or impossible.

Please call Pour Tous Water Team, who can arrange for the service, at 2622899 or 98436 44308.

In case of questions, please contact [ecopro@auroville.org.in](mailto:ecopro@auroville.org.in).

Lucas, EcoPro (2622469)

## ASSISTANCE TO AMERICAN SOCIAL SECURITY RETIREES AND APPLICANTS

Greetings,

I am Gary, a Friend of Auroville, from America whose career was with the Social Security Administration, the primary USA retirement and disability system.

Should any in Auroville be potentially eligible or receiving its benefits and have questions I would be happy to volunteer my assistance. Its Supplemental Security Income (SSI) program may also be of interest should future US residence be contemplated.

Please first email me a synopsis of your concerns at [gary@ionet.net](mailto:gary@ionet.net) as well as your WhatsApp number. **Put \*Auroville/SSA\* as the subject line of your email.**

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

Thank you.



## RESIDENTS SPEAK

### SOLITUDE A MODEL OF POSSIBILITY, NOT PERFECTION

In Auroville, we are fortunate to be nourished by a diversity of farms. Each one expresses a different relationship with land, scale, tools, and intention. Some rely on tractors and structured systems, others on orchards and perennial crops, and all of them contribute to the nourishment of our community in their own way.

Solitude Farm is one such expression — not better, not complete, but perhaps offering a particular lens that may be of value at this moment.

This year, on just 4.5 acres of irrigated land, Solitude produced 13.8 tonnes of food.

This number, in itself, is significant. But what is perhaps more revealing is the nature of that food.

Much of what grows here does not easily enter into conventional food channels. There are no potatoes, carrots, apples, cauliflower, or broccoli — foods that have become standardised across global markets. Instead, what emerges from this land are banana stems, green mangoes, a wide diversity of local spinach varieties, gourds, pumpkins, tubers, eggplants, and what many would call “forgotten foods”: turkey berry, bael fruit, and edible greens that grow freely, often unrecognised.

The challenge we face is not production. It is recognition.

Many of us come from cultures where these foods are not part of our memory. Some of us, even from within India, are gradually losing familiarity with how to identify, cook, and value them. Knowledge once embedded in daily life is increasingly being lost. This is not a failure of individuals, but a quiet process that has been unfolding over decades — the gradual standardisation of food systems, the monopoly of seeds, and the subtle replacement of local diversity with global uniformity.

What we are witnessing is a form of cultural erosion.

And yet, here in Tamil Nadu, something precious still remains. Knowledge is not entirely lost. The plants still grow. The flavours are still alive. The possibility still exists.

At Solitude, we have been trying to respond to this in the most practical way we know - by growing, cooking, and working with what the land gives.

A food forest is not merely a method of cultivation. It is a living system with many participants: trees, shrubs, climbers, ground covers, roots, insects, microorganisms, and humans — all interacting. It reflects principles often associated with permaculture: diversity, resilience, low external input, and the capacity for each element to serve multiple functions.



But for such a system to have meaning in a community, it cannot stop at the boundary of the farm.

It must extend into the kitchen, onto the plate, into daily life.

In Auroville, this connection is already being attempted in a very tangible way through Food Link, our Auroville farmers’ co-op, where farmers bring their produce every day to be distributed to various eateries and shops. Situated right next to it is the Solar Kitchen, our primary community kitchen feeding over 1000 people a day, and within the same space, the Pour Tous Kitchen prepares food for people to take away.

The design, in many ways, is already in place.

And yet, in practice, this closeness does not always translate into connection. These structures often function as separate systems — with limited capacity to respond to what is arriving at Food Link each day — fresh produce that could be made use of just a few metres away.

Again, this is not one’s fault. It is simply the result of how our food culture has developed— towards standardisation, predictability, and familiarity — often at the cost of our local food culture, as foods that grow around us quietly disappear from our plates.

At times, farmers’ produce arriving at Food Link is rejected or sent back — not because it lacks value, but because it falls outside the narrow range of familiar, standardised ingredients that now dictate what our kitchens cook.



This is understandable. And yet, it signals a deeper opportunity — to let what is grown guide what we cook, restoring a quiet balance between land, culture, and health.

What if there were moments of flexibility in our food habits / choices?

What if menus could respond to what is already present — food that grows easily, freshly harvested, and has a great taste!

What if surplus became an invitation, rather than excess?

We have seen, in our own small way, that when food is prepared with care, flavour, and attention, people are open — even to ingredients they have never encountered before.

Taste can be a bridge.

Now imagine this not as an isolated example, but as a shared direction.

If ten farms in Auroville were to cultivate in a similar spirit — not identically, but with an emphasis on diversity, locality, and abundance — and if that food were met with openness and curiosity, the impact would extend far beyond yield.

There would be ecological benefits: reduced food miles, less waste, greater resilience — and a movement towards greater food sovereignty.

Food has a unique role. It is our most collective need, daily, without exception. It is the lowest common denominator of community life. And within it lies the possibility of recognising something simple and profound: that the earth nourishes us all, equally.

In that recognition, there is the potential for a different kind of unity — not ideological, but experiential.

To eat together, from the same land, what Mother Nature offers us, is not just nourishment. It is a fundamental relationship of our lives.

And in a time when we may feel fragmented or uncertain, that relationship may be one of the most quietly powerful ways of coming back together.

Solitude does not present itself as a solution. It is simply one expression, one practice, one attempt to listen to what the land is saying — and to respond.

Perhaps the invitation is not to replicate it, but to reflect:

What is already here?

What are we overlooking?

And how might we, together, discover ways to enjoy and value it?

by Krishna McKenzie: Solitude Farm Auroville

## **“WE WANT HERE ONLY THOSE CHILDREN WHO WANT TO PREPARE THEMSELVES FOR A NEW LIFE AND WHO PUT PROGRESS BEFORE SUCCESS IN LIFE”**

The Mother passed a very important statement:

**“According to what I see and know, as a general rule, children over 14 should be allowed their independence and should be given advice only if and when they ask for it. They should know that they are responsible for managing their own existence.”**

Furthermore, in January 1972 she stated:

**“We want here only those children who want to prepare themselves for a new life and who put progress before success in life. We do not want those who want to prepare themselves to earn a living and to achieve worldly success. They can go elsewhere.**

**The children—to understand what we expect of them, they should be over ten years of age—who are ready for a new adventure, who want a new life, who are ready for a higher**

**realisation, who want that the world should change and no longer be what it has been for so long, these are welcome.**

**We shall help them.”§**

Isn't this the type of youth we should breed in Auroville?

Kireet Joshi<sup>[1]</sup>, celebrating the over fifty years of existence of the Ashram's Sri Aurobindo International Centre of Education, explained how this evolved "quite organically, as a necessity of life". He wrote:

“The teachers were requisitioned by Mother from the diverse body of *sadhaks*. Those selected suddenly found themselves with a wholly new element introduced into their sadhana. From the beginning, the school was rooted in the spiritual ethos of the Ashram. The children bloomed in that rarefied atmosphere, created by the seeking for a highest perfection in all the planes of the being from the most physical to the highest spiritual. And brooding over all these developments was the luminosity of Sri Aurobindo and Mother's effulgent presence. The children were given the best—the finest in music, the arts and poetry, the humanities and the sciences, the education of the body—no domain of human knowledge was excluded from the scope of their study and all was infused with the deepest spiritual culture. ...

The student body ranges from nursery to advanced levels and the subjects include the humanities, languages — including Sanskrit, various other Indian and other important languages of the world, fine arts, sciences, engineering, technology and vocational training. A great stress is laid upon the perfection of the body and the physical education program of the school is deservedly famous. The Centre of Education seeks to develop every aspect of the individual, rather than to concentrate exclusively on mental training. It employs what is called the “*Free Progress System*” which Mother spoke of as a progress guided by the soul and not subject to habits, conventions or preconceived ideas. The student is encouraged to learn by him/herself, choose subjects of study, progress at his own pace and ultimately to take charge of his own development. The teacher is much more an advisor and source of information than an instructor. In practice, the system is adapted to the temperament of teacher and student. The *Centre of Education* does not award degrees or diplomas, since it seeks to awaken in its students the joy of learning and an aspiration for progress that is independent of outer motives. From the beginning the aim of the center has been to create living souls, brilliance in studentship is a secondary characteristic. This short note does not in any way claim to do justice to the enormous, robust, even radical experimentation that has been undertaken here, specially in all the years when Mother's direct guidance was always available. That story has been told elsewhere. But this great and innovative experiment has demonstrated its results in the lives of the many generations of students who can be found today, bringing to bear, wherever they are, the unique perspective they imbibed here. ...”

After entering into Mother founding Auroville, Kireet continues:

“The education that Mother envisioned was called by her “Free Progress”—in itself a term pregnant with meaning—the accent being on the word ‘progress’, with ‘free’ as the modifier that defines the method by which one progresses. Much can be written on the term but here is one answer Mother gave to define what she meant by Free Progress:

**“A progress guided by the soul and not subjected to habits, conventions or preconceived ideas.”**

Isn't this what should be pursued in Auroville, signpost to the ideal society that only the gnostic supramental being can manifest?



Submitted by Paulette

## AUROVILLE CONVERSATIONS

### AUROVILLE CONVERSATIONS

I'VE NEVER SEEN TRAFFIC LIKE THIS

THERE'S A FOUNDATION RALLY AT THE UNITY PAVILION!

Submitted by an Aurovillian

## FOOD FOR THOUGHT ...

can someone please tell economists that growth for the sake of growth is the ideology of a cancer cell

<https://www.instagram.com/earthlyeducation/>

## INNER JOURNEY

### INTRODUCTION TO THE INTEGRAL YOGA OF SRI AUROBINDO AND THE MOTHER

Tuesday 21<sup>st</sup> April, 9 am - 12 noon  
Focus: Living for the Divine

Led by Ashesh Joshi

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

All are Welcome



### AMPHITHEATRE - MATRIMANDIR MEDITATIONS AT SUNSET WITH SAVITRI

Every THURSDAY  
from 5:30 to 6:00

**Savitri reading -  
Summer time is ON**

Savitri, Sri Aurobindo's epic poem, read by Mother to Sunil's music, is read 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, or any electronic devices.
- **Guests:** From this month onwards, up to next September, SAVITRI READING timings are now from 6:00 to 6:30pm. Please bring a copy of the book at the Savitri Bhavan or the Savitri Bhavan. The book is available for purchase or the very day before the reading. The book is available for purchase or the very day before the reading.
- **Access by:** Reporting, no later than 5:45pm. Last entry Leaving, no later than 6:45pm. The Savitri Bhavan is open only from 5:15pm to 6:15pm. Please bring your Savitri Bhavan cards. Last entry Leaving, no later than 6:45pm. The Savitri Bhavan is open only from 5:15pm to 6:15pm. Please bring your Savitri Bhavan cards. Last entry Leaving, no later than 6:45pm. The Savitri Bhavan is open only from 5:15pm to 6:15pm. Please bring your Savitri Bhavan cards.
- **Last exit for guests** at 6:15pm.

Velmurugan for the Access Team

### SAVITRI SATSANG WITH NARAD

EVERY TUESDAY, 04:30 - 05:15PM

### OM CHOIR WITH NARAD

EVERY TUESDAY

Please join in the form of a choir. No prior singing experience is required.

At Savitri Bhavan - Square Hall

**On summer break.  
To resume in July.**



### 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)

## FRENCH NEWS & NOTES

NOUVELLES D'AUROVILLE



Auro - Traductions

16 Avril 2026

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



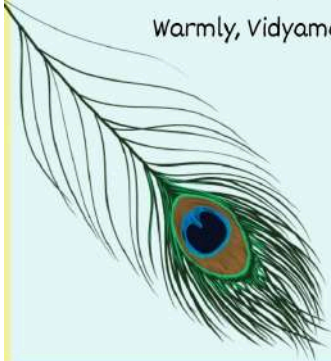
**Bhagavad Gita in Daily Life**

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](http://tinyurl.com/gitainlife)

Warmly, Vidyamandir Auroville Team



"All can be done  
if the god-touch is there."  
Sri Aurobindo, Savitri 1.17

On **29<sup>th</sup> March, 1914**, The Mother met Sri Aurobindo for the first time in Pondicherry, recognizing him from her spiritual visions as "Krishna." **24<sup>th</sup> 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:** 29<sup>th</sup> March to 24<sup>th</sup> April, 2026

**Time:** 5 am to 6 am (Everyday)

**Place:** Online Zoom Call

For more details and registration click: [tinyurl.com/gitainlife](http://tinyurl.com/gitainlife)

Feel free to also write to us on: [vidyamandir@auroville.org.in](mailto:vidyamandir@auroville.org.in)

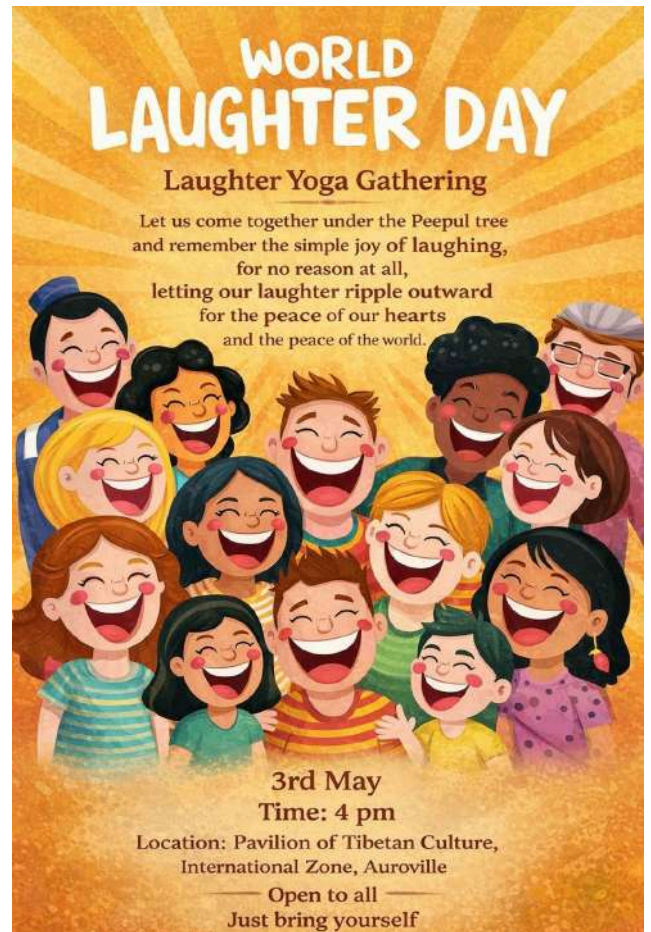
Grace and Gratitude,

*Deven, Shaalini and many others*

On behalf of Vidyamandir, Auroville



**WORLD LAUGHTER DAY GATHERING**  
SUNDAY 3<sup>RD</sup> MAY, TIBETAN PAVILION



**MATRIMANDIR & I**

**AVI USA & SERENA AURORA, ZOOM EVENT**

SATURDAY 18<sup>TH</sup> APRIL, ONLINE



Join AVI USA & Serena Aurora for a Zoom on **Saturday 18<sup>th</sup> April, 8:30pm India, 11am New York.**

We will screen 3 Matrimandir & I episodes, including the premiere of episode 7, featuring Serena Aurora herself. We will have a Q&A with Serena, episode participants and Matthew Andrews of AVI USA.

Learn more about the event here: <https://aviusa.org/mmandi-2026/>

Free

Registration

<https://us02web.zoom.us/meeting/register/1FthWRC7StuVRJR-kPOBIA#/registration>

Thank you,  
*Ioana*

## ORACLE CARD READING WITH CHLOÉ

### Oracle card *reading*

Intuitive guidance on your present and future.

Kindly book a session by whatsapp with Chloé :  
+91 8111 094 202



An activity under Abhaya, a unit of Artisana Trust, Auroville

### What to expect?

The One-on-one Clarity Session, is a precious time for yourself, where cards are put on the tables, and we both make space for your divine guidance to come. This session helps you feel supported, and reconnected to what is serving you best at the moment !

Please contact Chloé by WhatsApp +91 811109 4202 to book a session and for more information

Thank you

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

Classes with prior registration only. No drop-ins.

Booking with the teacher only:  
[marinonimonica@gmail.com](mailto:marinonimonica@gmail.com)

More information:

[www.monnicamarinoniashtangayoga.com](http://www.monnicamarinoniashtangayoga.com)  
or WhatsApp +39 3917254083



Pitanga Cultural Centre, Samasti, Auroville 605 101 | [info@pitanga.in](mailto:info@pitanga.in) | 0413 - 2622403, 9443902403  
A service unit of the Auroville Foundation, Health and Healing Trust branch, | GSTIN: 33AAAT000179F3N

## TAI CHI HALL SCHEDULE

- 6<sup>th</sup> - 16<sup>th</sup> April: **no classes**
- 16<sup>th</sup> April - 31<sup>st</sup> May: **Tuesdays and Thursdays from 7:30 - 8:30am**

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



## JIVA AUROVILLE

A platform of Auroville 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
- Integral Regression Therapy Sessions with Sigrid.

### Upcoming workshops

- **18<sup>th</sup> & 19<sup>th</sup> April**, 9-12:30 , 2-3:30pm : Transforming Trauma with Sigrid

### Webinars

- **Exploring Past Lives** : 10<sup>th</sup>, 11<sup>th</sup>, 12<sup>th</sup> April 7:30 - 9pm
- **Integral Trauma Therapy** : 13<sup>th</sup>, 14<sup>th</sup>, 15<sup>th</sup> April 7:30 - 9:30pm

Join our WhatsApp group for all updates ! / WA 96260 06961

[contact@auroville-jiva.com](mailto:contact@auroville-jiva.com)

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

## 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](https://www.youtube.com/@AurovilleStories/playlists))
  - Please "like", share, and leave comments on stories that resonate with you.
2. **Join the conversation** ([bit.ly/avstories](https://bit.ly/avstories))
  - Connect with others through our **WhatsApp community** (announcements + discussion groups)
3. **Create your own "Future Memories"** ([bit.ly/future-memories](https://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](mailto:daniel@ic.org) (+1 978-394-1711) with questions. Thanks!!!

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

N&N 1121 - 16 April 2026

## 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](http://www.auromode.in/hive-coworking) for more details on our plans and facilities.
- For inquiries: [auromodehive@auroville.org.in](mailto:auromodehive@auroville.org.in) / +91 90427 59540 (WA) / +91 70921 97375 (WA) or drop by.

All are Welcome!!!

## 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://coffeideas.in/product-category/master-classes/>

Thank you!

Coffee Ideas (former Marcs Cafe) Team

## SUPPORT NEEDED



### CINEMA PARADISO :

### LAPTOP NEEDED - LEND OR DONATE!



**How to Donate towards MMC-Cinema Paradiso Now!**  
**Laptop Needed – Lend or Donate**  
Multimedia Center Auditorium – Cinema Paradiso (MMC-CP)

MMC-CP – April 2026

Our laptop died on 13 April during special screening. 8+ years old, heavily used for films, Zoom, presentations. Needs expert check followed by a few days of refurbishment or urgent replacement.

- ❖ Can you help? As a stopgap we need a basic laptop: MS Office, media players, Zoom. Can you donate/lend so that we can avoid heavy rental charges? Email: [mmcauditorium@auroville.org.in](mailto:mmcauditorium@auroville.org.in)

- ❖ Ultimately, we will have to get a new one.

- ❖ **How to donate?** Specified contribution (AV Units/Activities), via Unity Fund (anyone), Aurocard (guests). You could also donate online via [donate.auroville.org](http://donate.auroville.org) using any currency. Remember to select MMC-CP from drop down menu.

Running Budget Fundraise Update: We are just ₹2,750 short. Please set recurring contributions, any amount you can, to build steady support.

Together: From problem to power!!

Grateful,  
MMC-CP Team

## LOOKING FOR

### 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 - TAXI SHARING - SATURDAY 18<sup>TH</sup> APRIL

I will go to the airport on the 18th of April, leaving AV at around 11pm and are happy to share the taxi.

Jagrata WA: +49 171 9355661



### 2 - TAXI SHARING - TUESDAY 21<sup>ST</sup> APRIL

I like to share a taxi to Chennai Airport on Tuesday 21<sup>st</sup> of April, leaving around 3 p.m.

I need to catch EY 347 at 9.55.

Please contact Birgitta 94423 00574.

## VOLUNTEERS

A laughter yogini is looking for volunteers to join a laughter parade in Auroville for World Laughter Day on May 3rd!

Please contact: [auroancolie@gmail.com](mailto:auroancolie@gmail.com)  
or Ancolie Dove @+91 97915 80197



## LOOKING FOR A BICYCLE

I'm looking for a medium-sized bicycle (not an e-cycle), in relatively good condition, for use over the summer or longer.

Open to exchange, or to purchasing with a contribution.

Please WhatsApp Anandi Zhang: +91 93856 23511



## ACTIVITIES AT SERENDIPITY

### SERENDIPITY CLASSES

(Ex. Joy Community in front of Center GH)

Center Field, Auroville - 605101, Tamil Nadu, India

Landline: +91 (0)413 350 9950

Mobile/Whatsapp: +91 93856 23342

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

<https://serendipity.auroville.org>

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



## REGULAR CLASSES FOR APRIL :

### 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.

### Traditional Sanskrit Mantras with Sonia

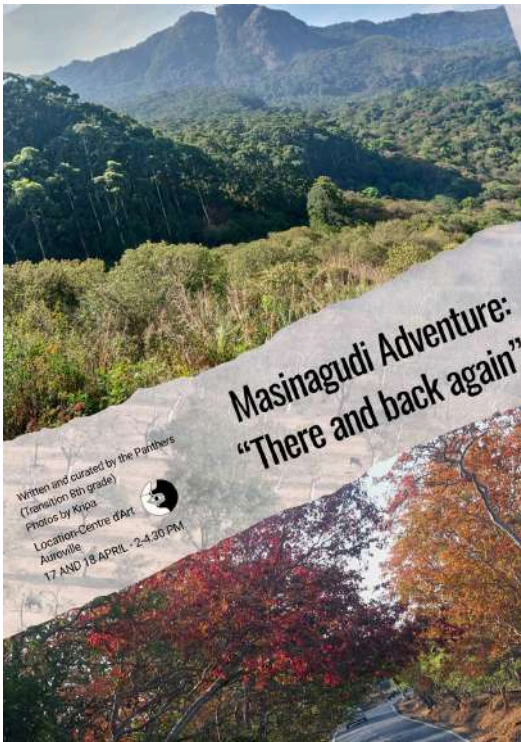
- Friday from 5 - 6pm (Regular Students only)

In the recitation of Sanskrit Mantras the sound is very important and the specific pitches and strict rules of intonation and syllabic length should be learned according with the tradition of the great masters of the past, who figured out how to use the voice to calm the mind and attune the practitioner to the more subtle levels of the "sadhana" or spiritual path. Through the harmonic rhythm, repetition and participation in the singing, the mind reaches more clarity, concentration and tranquility.

## CULTURAL ANNOUNCEMENTS

### TRANSITION SCHOOL - PANTHERS GROUP PHOTO EXHIBITION

FRIDAY 17<sup>TH</sup> AND SATURDAY 18<sup>TH</sup> APRIL, CENTRE D'ART



Dear Community,

We, the Panthers, the 8<sup>th</sup> grade of Transition School, invite you to our interactive photo exhibition at Centre d'Art, Auroville, on **Friday 17<sup>th</sup> and Saturday 18<sup>th</sup> April from 2-4:30 p.m.**

We look forward to seeing you.

With gratitude,

*The Panthers*

## ROADKOLAMS BY KATHRIN H

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

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



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

### Timings:

#### Mornings:

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

#### Afternoons:

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



## MANNIN MANDHIRAM (MAGIC OF THE EARTH) BY KRIPA

FRIDAY 3<sup>RD</sup> - SATURDAY 25<sup>TH</sup> APRIL, PITANGA



**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](mailto: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



**FOR THE BOOKWORMS**

**WEEKLY READINGS OF THE LIFE DIVINE**  
EVERY FRIDAY, AUROVILLE LIBRARY



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

**Fridays, 4:30 - 5:30pm**  
(from 23 January 2026)

All are welcome.



**AUROVILLE LIBRARY**

**THEME OF THE MONTH**

Every month, we choose a topic and set up a display of books from our collection.



This month's theme is  
**Australia**

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

**POETRY**



Dew drops  
on a fallen petal

Rays stray away  
from the sun  
and cast down  
on these strangers

Doomed separations  
Destined union

**Anandi Z**

**FOOD**



**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](mailto: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](http://www.myfoodforest.in)



## PUZZLE CORNER !

**NEW !!**

### Ice Cream Flavors

T	C	A	N	A	N	A	B	K	M	N	C	M	A
L	Y	H	S	E	S	E	E	R	A	C	O	O	O
R	T	A	O	O	L	G	R	T	N	O	N	O	M
L	A	I	A	C	R	O	I	O	A	T	Y	S	A
R	O	C	G	N	O	L	N	E	C	T	S	E	P
O	A	E	L	E	O	L	G	C	E	O	T	T	L
C	E	K	U	P	R	U	A	C	P	N	R	R	E
K	E	V	O	C	S	T	F	T	E	C	A	A	W
Y	A	E	A	A	O	P	A	E	E	A	W	C	A
R	N	G	E	N	E	C	R	I	T	N	B	K	L
O	C	T	G	L	I	G	O	R	L	D	E	S	N
A	W	L	D	L	Y	L	C	N	N	Y	R	N	U
D	I	I	U	P	T	A	L	I	U	N	R	A	T
N	O	C	F	A	A	S	R	A	I	T	Y	S	L

- ROCKY ROAD
- TIGER TAIL
- VANILLA
- COTTON CANDY
- NEOPOLITAN
- MOOSE TRACKS
- BANANA
- COCONUT
- PECAN
- GREEN TEA
- MAPLE WALNUT
- CHOCOLATE
- FUDGE
- STRAWBERRY
- REESES





Dear Aurovilians,

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

**Last published Podcasts**

- [Jumpa's Joyous Journey with Fif-Ep.10 "The Day Jumpa Forgot How to Laugh"](#) (Stories)
- ["Mother's Chronicles : Mirra" by Sujata Nahar, Read by Fif - B 1 C 5 - "Boulevard Haussmann"](#) (The Mother)
- ["Humanity 2.0" by Aviram Rozin with Jazz -A Book Read by Shalev - P 2, C 7 : "The Need for Community"](#) (Society & Conscious Living)
- [Une série hebdomadaire de lectures par Gangalakshmi – Ep.533](#) (Integral Yoga)

**Latest Youtube Videos**

- [Echoes of the Valley | Pt. Suddhashil Chatterjee | Sri Nilimesh Chakraborty | Live from Bharat Nivas](#)

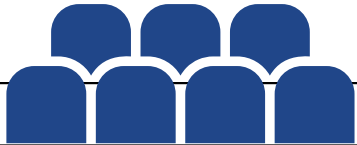
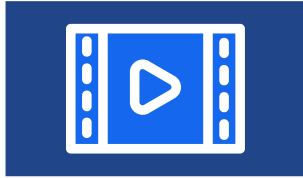
....and more! on [www.aurovillerradiotv.org](http://www.aurovillerradiotv.org).

For more information write to [radio@auroville.org.in](mailto:radio@auroville.org.in)

Peace and love

Regards,

Sai Priya for Auroville RadioTV



**CINEMA**

**CINEMA PARADISO PRESENTS - DHOKNU: THE KEEPER**

MONDAY 20<sup>TH</sup> APRIL, MMC AUDITORIUM, TOWN HALL

**Cinema Paradiso Presents**

On Monday, 20 April 2026 @ 8pm @ MMC Auditorium, Auroville

**Dawa Lepcha's**

Dawa Lepcha presents

**Dhokbu: The Keeper**

India, 2017, Dir. Dawa Lepcha w/Lhakpa Lepcha, Kikee Doma Bhutia, and others, 88mins, Lepcha-English w/ English subtitles, Rated: UA (PG-13)

Lost in the unforgiving Himalayan wilderness of Sikkim, Tina, a research scholar on fieldwork, becomes untethered from the modern world. As the vast, silent peaks close in, surreal and dark forces defy all logic. Just as the shadows threaten to consume her, she is saved by Dhokbu — a mysterious, ancient guardian deity of the land. Months later, Tina emerges transformed: no longer just a survivor, but a vessel for the myths of Sikkim, carrying secrets whispered by the mountains that now pulse through her very heartbeat.

*Generously shared by the director, witness this acclaimed, award-winning masterpiece and discover the living legends of North-East India.*

**Don't miss it!**

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

**CINEMA PARADISO PRESENTS: MY OTTER DIARY**

WED 22<sup>ND</sup> APRIL, MMC AUDITORIUM, TOWN HALL

**Cinema Paradiso Presents: Earth Day Special**

On Wednesday, 22 April 2026 @ 8pm @ MMC Auditorium, Auroville

**Sugandhi Gadadhar's**

**My Otter Diary**

India, 2025, Dir-Narrator Sugandhi Gadadhar w/ Shivanna "Shivu" HB (Fisherman), and others, Nature-Documentary, 89mins, Kannada w/ English subtitles, Rated: U (G)

India's smooth-coated otters, apex predators of the river, reveal playful bonds and fragile resilience along the Cauvery. Against pollution and destructive fishing, their elusive lives unfold in a breathtaking portrait of survival and conflict. Capturing never-before-seen behavior, this heartwarming documentary immerses viewers in the hidden world of otters while reflecting on the delicate balance between wildlife and human livelihoods.

*This acclaimed and multiple award-winning film, celebrated at leading international wildlife festivals, has been made possible by Sugandhi Gadadhar, Rana Behur, and the entire film team. Join us for this Earth Day Special screening, where audiences will witness a rare cinematic journey that combines extraordinary natural storytelling with an urgent call for conservation.*

**A moving portrait of nature's humor, resilience, and fragility — one you cannot miss!**

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

**CINEMA PARADISO PRESENTS - SPECIAL PREMIERE SCREENING**

THURSDAY 23<sup>RD</sup> APRIL, MMC AUDITORIUM, TOWN HALL

**Cinema Paradiso Presents: Earth Day Special**

On Thursday, 23 April 2026 @ 8pm @ MMC Auditorium, Auroville

**Distinguished Filmmaker's**

**Before the World Sees It**

Special Pre-primere Screening and Engaging Q&A

Genre: Political thriller, Language: Indian, Subtitle : English, Duration: 105mins Rating: R

**Special Pre-primere Screening**

India, 2026, 105 mins, Political-thriller, Indian language w/ English subtitles, Rated: R

Be among the first to witness an exclusive pre-premiere from an award-winning director. Details remain private until its release; the film, set in rural India, is taut, atmospheric, and unsettlingly real. This gripping tale of power and its shadows is not for the faint-hearted, yet profoundly human. Layered beneath its stark narrative are currents of fear, silence, and shifting loyalties, where every choice carries a cost and every allegiance can turn fatal, evoking a world both distant and uncomfortably familiar.

*The Marco-Memorial 2026 screening offers a rare chance to watch, deliberate, and share thoughtful, constructive feedback in an engaging Q&A, in the spirit of an open exchange with the filmmaker. We thank the entire film-team for this sharing.*

*Held in recognition of Marco's unparalleled contribution to film education and a culture of thoughtful film viewing in Auroville, this second Marco-Memorial screening, marking his birthday, continues in quiet tribute to his enduring love for cinema. This screening has been inspired and largely funded by a member of the Auroville community!*

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



# Cinema Paradiso

## Multimedia Center (MMC) Auditorium

Film program: 20<sup>th</sup> - 26<sup>th</sup> 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.

Cinema Paradiso continues its Eco Film tradition (April 16–22) with a curated selection of ecological and nature-based cinema. It features a rare story from Northeast India on April 13 and an equally special Earth Day screening on April 22. On April 23, a Marco Memorial Screening honors Marco (Feira)'s enduring legacy in filmmaking and screenings at MMC–Cinema Paradiso.

### INDIAN - MONDAY 20 APRIL, 8:00 PM:

#### • DHOKBU: THE KEEPER

India, 2017, Dir. Dawa Lepcha w/ Lhakpa Lepcha, Kikee Doma Bhutia, and others, 88mins, Lepcha-English w/ English subtitles, Rated: UA (PG-13)

Lost in the Himalayan wilderness, university student Tina confronts surreal, dark forces before being rescued by the mysterious guardian, Dhokbu. Emerging months later, she discovers a haunting world where myth, folklore, and nature intertwine. *Generously shared by the director, witness this acclaimed, award-winning masterpiece and discover the living legends of North-East India. Don't miss it!*

### POTPOURRI - TUESDAY 21 APRIL, 8:00 PM:

#### • SOYLENT GREEN

USA, 1973 Dir. Richard Fleischer w/ Charlton Heston, Edward G. Robinson, Leigh Taylor-Young, and others, Mystery-Thriller, 97mins, English-Spanish-Hebrew w/ English subtitles, Rated: PG

In a decaying, overpopulated world, Detective Thorn's investigation into a wealthy executive's murder unveils a horrifying corporate conspiracy regarding the masses' primary food source. Alongside his researcher, Thorn uncovers a chilling, award-winning prophetic warning about ecological collapse and the dark price of human survival. *Don't miss it!*

### EARTH DAY SPECIAL - WEDNESDAY 22 APRIL, 8:00 PM:

#### • MY OTTER DIARY

India, 2025, Dir-Narrator Sugandhi Gadadhar w/ Shivanna "Shivu" HB (Fisherman), and others, Nature-Documentary, 89mins, Kannada w/ English subtitles, Rated: U (G)

Meet the apex predators of the Cauvery: smooth-coated otters. This award-winning film captures their playful bonds and fragile resilience against pollution and conflict. *Join the film team who made this screening possible, for an engaging in-person Q&A for this Earth Day special featuring never-before-seen behavior. Witness a breathtaking cinematic journey where extraordinary storytelling meets vital conservation.*

### MARCO-MEMORIAL 2026 SPECIAL - THURSDAY 23 APRIL, 8:00 PM:

#### • SPECIAL PRE-PREMIERE SCREENING

India, 2026, 105 mins, Political-Thriller, Indian language w/ English subtitles, Rated: R

Be among the first to witness an exclusive pre-premiere from an award-winning director. Details remain private until its release; the film, set in rural India, is taut, atmospheric, and unsettlingly real. This gripping tale of power and its shadows is not for the faint-hearted, yet profoundly human. *The Marco-Memorial 2026 screening offers a rare chance to watch, deliberate, and share candid feedback in an engaging Q&A!*

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

### INTERNATIONAL FILM - SATURDAY 25 APRIL, 8:00 PM:

#### • KUANG YE SHI DAI (RESURRECTION)

China-France-USA, 2025, Writer-Dir. Bi Gan w/ Jackson Yee, Shu Qi, Mark Chao, and others, SciFi-Drama, 160mins, Chinese Mandarin w/ English subtitles, Rated: PG-13

In a world where people sacrifice dreams to extend their lives, dangerous dreamers warp time itself. A mysterious monster clings to visions no one else can see, and when a woman enters his dreamworld, five extraordinary journeys unfold. This acclaimed and award-winning film offers a breathtaking meditation on memory, time, and human resilience.

### CHILDREN'S MATINEE - SUNDAY 26 APRIL, 4:00 PM:

#### • MIGRATION

Japan-USA, 2023, Writer-Dir. Benjamin Renner w/ Kumali Nanjiani, Tresi Gazal, Elizabeth Banks, and others, Adventure Animation, 83mins, English w/ English subtitles, Rated: PG

Mack, Pam, Dax and Gwen, a duck family, leave their safe pond for a daring journey south. Their adventure becomes unpredictable, filled with detours, challenges and hilarious encounters. This acclaimed and award-winning film celebrates courage, family bonds and discovery, inviting audiences to soar into the thrill of the unknown.

### CLASSIC WORLD CINEMA @ CINÉ-CLUB

#### CINÉ-CLUB SUNDAY 26 APRIL, 8:00 PM:

#### • NUOVELL VAGUE

USA, 2025, Dir. Richard Linklater, w/ Guillaume Marbeck, Zoey Deutch, Aubrey Dullin, and others, Biography-Comedy-Drama, 106 mins, French-English w/ English subtitles, Rated: R.

Nouvelle Vague is Oscar-nominated director Richard Linklater's love letter to the revolutionary magic of the French New Wave, reimagining the making of Jean-Luc Godard's *Breathless*, which ultimately cemented Godard as a pioneer of global cinema.

**Rating codes** we often use are from Motion Picture Association of America (MPAA): G= General Audiences, PG= Parental guidance suggested, PG-13= Parents strongly cautioned, R= Restricted (equivalent to Indian rating: A i.e., for Adults), NR= Film Not Rated, Rating awaited.

**To organize a seminar/program at MMC Auditorium, kindly email us at [mmcauditorium@auroville.org.in](mailto:mmcauditorium@auroville.org.in).**

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

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

Thanking You,  
MMC-CP Group  
Account #105106 | Email: [mmcauditorium@auroville.org.in](mailto:mmcauditorium@auroville.org.in)



**Collaboration has no hierarchy. The Sun collaborates with soil to bring flowers on the earth.**

Amit Ray

## COMMUNITY SERVICES

### ESSENTIAL SERVICES

#### AUROVILLE'S FINANCIAL SERVICES (AVFS)

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

#### HOUSING SERVICE

- **Public Timing:** Access without appointment only Wednesday 3 - 4:30 pm
- **Phone:** (0413) 2622658
- **General Email:** [housing@auroville.org.in](mailto: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](mailto:aves@auroville.org.in)

#### GAS BOTTLE SERVICE

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

#### WATER SERVICE

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

#### ECO SERVICE (WASTE COLLECTION/MANAGEMENT)

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

#### POUR TOUS DISTRIBUTION CENTRE (PTDC)

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

#### POUR TOUS PURCHASING SERVICE (PTPS)

- **Timings:** Monday to Saturday, 8:30 am - 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](mailto:avlib@auroville.org.in)
- **Website:** <http://library.auroville.org.in/>



### HEALTH

#### SANTÉ SERVICES IN 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.

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

In Santé, we value our patient's confidentiality and make every effort to ensure their privacy.

**In case of cancellation or to reschedule, it is necessary to inform us in advance.**

## HEALTH CENTER - KUILAPALAYAM

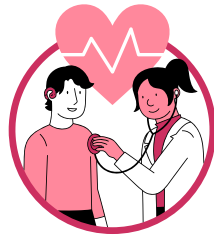
Contact: 0413 291 0005

### Pharmacy:

- 8:00am - 5:30pm Monday to Saturday

### Doctor Consultation:

- 8:30am - 5:00pm Monday to Friday  
(1 - 2pm Lunch Break)
- 8:30am - 1pm (Saturday)



## DENTAL CLINIC - KUILAPALAYAM

- **Timings:** Monday to Saturday, 9am - 5pm daily
- **Phone:** 0413 2622007 / 2622265
- **Email:** [aurodentalcentre@auroville.org.in](mailto:aurodentalcentre@auroville.org.in)

## 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](mailto:mmconcentration@auroville.org.in) before 11am on the day of the proposed visit.
- Registered Volunteers and Donors require a pass to enter the Park of Unity. Timings will be indicated on the pass.
- Published events in the Park of Unity are open to Aurovilians, Registered Newcomers, Volunteers, Pass holders and Guests. Guests should bring their Aurocards.
- Savitri Readings on Thursday evenings: Guests holding only Aurocards wishing to attend should book by filling in the form at <https://bit.ly/savitri-reading> one or two days in advance.
- Visits to the Park of Unity and Inner Chamber should not be included in the program of any conference or workshop. Participants should be directed to the Viewing Point.

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

The Matrimandir is a place for silent individual concentration

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

Monday – Saturday 6:00 am - 8:00 am, 4:30 pm - 7:30 pm  
Sunday 6:00 am - 12:00 pm, 4:30 pm - 7:30 pm

- The Inner Chamber is open to **registered Volunteers**:

- Every day, 4:30pm - 6:00pm.
- Volunteers are requested to come and get their revised passes between 10:00 am to 10:30 am from the Matrimandir office with prior booking at [matrimandir@auroville.org.in](mailto:matrimandir@auroville.org.in)
- It is obligatory for the volunteers and pass holders to carry the pass with them.**

- The Inner Chamber is open to Aurovilians wishing to accompany a maximum of 3 close family members and friends no more than once in two weeks, with booking 3 to 5 days in advance to [mmconcentration@auroville.org.in](mailto:mmconcentration@auroville.org.in):**

Any day except Tuesday & Sunday, 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](mailto: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](http://auroville.org)

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

## Security

Please note that it is not permitted to

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

Parents, please supervise your children at all times.

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

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

Antoine for Matrimandir Executives Team



## ACCESSIBLE AUROVILLE PUBLIC BUS

[avbus@auroville.org.in](mailto:avbus@auroville.org.in) / +91 94430 74825

### Auroville TO PONDICHERRY

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

### Pondicherry TO AUROVILLE

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

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

Auroville Vehicle Service  
Town Hall, Auroville, 0413 2623302



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

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

## EMERGENCY NUMBERS

### Ambulance (24/7):

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

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

Health Center 0413 2910005	Santé 0413 2622803	Farewell 89038 36246
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### Mental Health 24/7 Support:

Vandrevala Foundation +91 99996 66555

### India Emergency Response Service (24/7): 108