The Matrimandir Garden fountain at night
19 May 1965 (continued from last week)

That's why certain minds have postulated that the creation was the result of an error. But we find all the possible conceptions: the perfect creation, then a “fault” that introduced the error; the creation itself as a lower movement, which must end since it began; then the conception of the Vedas according to what Sri Aurobindo told us about it, which was a progressive and infinite unfolding or discovery - indefinite and infinite - of the All by Himself. Naturally, all these are human translations. For the moment, as long as we express ourselves humanly, it's a human translation; but depending on the initial stand of the human translator (that is, a stand that accepts the primordial “error,” or the “accident” in the creation, or the conscious supreme Will since the beginning, in a progressive unfolding), the conclusions or the “descents” in the yogic attitude are different. There are the nihilists, the “Nirvanists” and the illusionists, there are all the religions (like Christianity) that accept the devil's intervention in one form or another; and then pure Vedism, which is the Supreme's eternal unfolding in a progressive objectification. And depending on your taste, you are here or there or here, and there are nuances. But according to what Sri Aurobindo felt to be the most total truth, according to that conception of a progressive universe, you are led to say that, every minute, what takes place is the best possible for the unfolding of the whole. The logic of it is absolute. And I think that all the contradictions can only stem from a more or less pronounced tendency for this or that position, that other position; all the minds that accept the intrusion of a “fault” or an “error” and the resulting conflict between forces pulling backward and forces pulling forward, can naturally dispute the possibility. But you are forced to say that for someone who is spiritually attuned to the supreme Will or the supreme Truth, what happens is necessarily, every instant, the best for his personal realization - this is true in all cases. The unconditioned best can only be accepted by one who sees the universe as an unfolding, the Supreme growing more and more conscious of Himself.

To tell the truth, all those things are without any importance (!) because in any case what IS exceeds entirely and absolutely all the human consciousness may think of it. It is only when you stop being human that you know; but as soon as you express yourself, you become human again, and then you stop knowing.

This is undeniable.

And because of this incapacity, there is a sort of futility in wanting absolutely to reduce the problem to what human comprehension can understand of it. In that case, it's very wise to say, as Théon used to, “We are here, we have a work to do, and what's necessary is to do it as best we can, without worrying about the why and the how.” Why is the world as it is?... When we are able to understand why, we'll understand.

From a practical standpoint, that's obvious.

But everyone takes his stand.... I have all the examples here, I have a little selection of samples of all the attitudes, and I see the reactions very clearly. I see the same Force - the same single Force - acting in this selection of samples and, of course, producing different effects; but those “different” effects are, to the deep vision, very superficial: it's just “they like to think that way, so then they like to think that way.” But to tell the truth, the inner advance, the inner development, and the essential vibration aren't affected - not in the least. One aspires with all his heart to Nirvana, the other aspires with all his will to the supramental manifestation, and in both cases the vibratory result is about the same. And it's a whole mass of vibrations which prepares itself more and more to... to receive what must be.

There is a state - an essentially pragmatic state, spiritually pragmatic - in which of all human futilities, the most futile is metaphysics.

Volume 6. 1965: Agenda of the Supramental Action Upon Earth

P.S. There's a new HOMA page on the Auroville website: https://www.auroville.org/contents/1085

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**The Ponder Corner**

*When you reach the contact with the Divine's love, you see this love in everything and all circumstances.*

- The Mother

CWM Vol XIV

News and Notes # 814 – 18th April 2020
“All Things Covid-19” UPDATE
(For a full version of the lockdown extension guidelines, see pgs. 20-25)

A Public Auronet page with updated information on Covid 19 for anyone in Auroville - For those in Auroville without access to an Auronet account and who are outside our normal channels of communication, (like volunteers, pre-newcomers, guests stranded in guesthouses), there is now a public web page which will report announcements and communications of public utility in these difficult times. Please share this: https://www.auroville.org/contents/4953

For the up-to-the-minute global stats junkie: https://www.worldometers.info/coronavirus/

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Financial Service in Aspiration is open again, 9AM – 12:30 PM

FAQs to AV Security Team about the lockdown: Our team observes that the present situation is frustrating for many, especially in the context of Auroville and the restrictions applying to all residents of India. Aurovilians, like all residents of India, have been requested by the Government of India to limit movement outside their home to essential needs, as defined by the Home Affairs Ministry. The lockdown strategy developed by the Government of India and Tamil Nadu’s Chief Minister limits the availability of essential goods between 6 AM and 1 PM, restricting further movement after 1PM.

Over the last two weeks, some residents have expressed frustration with the work of AVSST and raised questions which we take into consideration, and use to adapt our work whenever possible. To help everyone understand AVSST’s work we have compiled some of the FAQ’s / remarks made to us:

• AVSST is not a police force and shouldn’t be stopping Aurovilians
  True, AVSST is NOT the police and we wish to keep it that way. Nevertheless, local authorities trust us to handle the traffic at the checkposts and other accesses of Auroville. The alternative to this would be for the police to replace AVSST and its guards inside and at the entrances of Auroville. Our guards are here to remind everyone of the regulations and strongly advise people to stay home. AVSST is redirecting through traffic but does not aim to block traffic. Local authorities are regularly checking if the measures AVSST has put in place are sufficient and meet the required standards.

• AVSST isn’t strict enough at the checkpost, too many Aurovilians are passing through
  While AVSST does its best to respect the directives given by local authorities, AVSST also does its best to respect the work done in Auroville and Aurovilians’ sincerity and goodwill. Auroville is expected to set a high standard and abide by the directives / laws set by the country.

• AVSST guards are not recognising each and every Aurovillian / employee / friend of Auroville
  AVSST is filtering the accesses to Auroville and aims to recognise a maximum number of people among the almost 3000 Aurovilians + 1500 employees + guests + the large population from the surrounding villages. The AVSST Guards do their best and are not always able to recognise each and every person. There is obviously a limit with the present way security is handling accesses. It was already the case before the COVID-19 pandemic and has become harder since.

• AVSST shouldn’t ask Aurovilians their purpose of travel
  Knowing the purpose of travel helps AVSST justify the traffic going in and out of the checkposts to local authorities. While we trust aurovilians are sensible enough to follow the lockdown as instructed by the Government of India / Tamil Nadu, some residents were stopped outside of Auroville and encountered difficulties because they were not respecting the lockdown. AVSST was reminded by local authorities of the lockdown and requested to cooperate.

• Guards can guess where people are going when carrying a bag / water bottle / tiffin /…
  Guards are human beings and communicating with them is a minimum. Also, they cannot take the responsibility of assuming what is the purpose of each person’s movement. A simple / polite short sincere communication with the guards and a simple smile will ease the day.

News and Notes # 814 – 18th April 2020 3
- Guards are employees, not Aurovilians. They have no right to stop Aurovilians
  Guards are employed by AVSST and are not to be blamed for directives given to them. They do what AVSST is asking them to do.
  If you have any complaints please contact us via email (security@auroville.org.in) or call us (944 30 90 107)

- The guards are asking inappropriate questions
  English isn’t their native language. They use basic sentences which can be understood by all. AVSST is working with them on what they should say so as not to offend. We are working on having Aurovilians volunteers posted at the checkposts to ease communication with those going through.

- Guards are asking us to wear a mask
  AVSST’s guards are trying to remind you that wearing a mask is a must especially when talking to them. They are exposed to a large number of people and are more at risk of being exposed to the virus than others. Whether one believes or not in the efficiency of masks AVSST considers it a basic safety measure and courtesy towards the guards. Please keep a minimum distance of 2 meters when interacting with them. Note that authorities have made it mandatory for people circulating to wear a mask.

- Aurovilians are not going to be affected by COVID-19 therefore all measures should be stopped
  Personal beliefs are just that and have to be respected, but the interest and safety of all has to be understood and supported.

- Employees / volunteers are stopped every day at the checkpoints.
  If volunteers or employees face difficulties at the checkpoint, the concerned essential service should send an email to security@auroville.org.in with the list of employees/volunteers. It won’t prevent them from being stopped but should ease access.

- Courage’s access being closed is inconvenient
  AVSST has closed Courage access for the time of the lockdown to help better filter the traffic and manage the limited number of guards. The guard posted at Courage was facing constant pressure to allow through traffic wanting to avoid police controls.
  AVSST doesn’t have the resources to monitor all accesses. We work hard, keeping Auroville’s best interests at heart. Thank you for understanding and bearing with us.

- People are using alternative accesses to enter Auroville and bypass police controls
  AVSST is aware of it and is in contact with the local authorities to reduce the through traffic.
  Residents are always welcome to contact AVSST and share their observations with the team.

Do not hesitate to contact AVSST (security@auroville.org.in / 944 30 90 107) in case of difficulty with our team or accesses.
Please be patient with AVSST and the Working Groups, we are all in this together and also under constant pressure from within and outside of Auroville. We offer our service, keeping Auroville’s best interests at heart. Thank you.
- Auroville Safety & Security Team

The following are the timings for the food outlets:

- PTDC 8 am to 1 pm, with 8-9 AM preference given to our 60+ elders
- PTPS 9 am to 1 pm, with preference given to our 60+ elders from 9 to 10 AM
- HERS 8 AM to 1 pm - no preference for elders but assistance is available if needed.

Please be aware that the doors will close at 12:30 so all shoppers can be out by 1 pm.
Thank you for your patience and understanding.

Food takeaways and shopping outlets timings - Read important instructions about restaurants and eateries
https://auroville.org.in/article/78548
Ganesh Bakery open for takeaway from 7.30am to 1pm. Please bring your own bags if possible to reduce packing material, and for orders contact us at 9443476387. https://auroville.org.in/article/78636
Foodlink home deliveries etc. https://auroville.org.in/article/78629
Naturelement takeaway (also on Mondays). For food deliveries, please place the order before 4.30pm
https://auroville.org.in/article/78517
Neem Tree eatery takeaway lunch time 11 am till 2 pm, dinner time 5:00 pm till 8:00 pm
Solar Kitchen: Tiffin on order only. NOTE tiffin must be brought before 9:30 or they will not be filled
Visitors Centre cafeteria Lunch pick up time 12.15 to 1.30 Evening pick up time. 6.30 to 8.30
https://auroville.org.in/article/78600 (for full menu scroll down to comment)

Masks must be worn at all times inside the premises of these outlets, including while queuing.
Please remember that only one family member at a time should do the shopping, and children are to be left at home.
A basket delivery service is being worked out, starting as a first phase with those under home quarantine and those in the higher risk age group of 60+ who feel they need this kind of support. More details of this will follow as the system is further developed. If you need basket service now, in this first phase, please write to covid19taskforce@auroville.org.in.

EcoService storage is FULL - Please do your utmost to REDUCE your waste stream, as until further notice you are required to store it (segregated) in your home and/or communities!

From the AVHC Pharmacy: Opening hours are 9AM to 2:30 PM

Covid-19 Task Force - Call for volunteers! If you would like to volunteer and help please contact us. Thanks in advance for your collaboration and willingness to help. covid19taskforce@auroville.org.in or WhatsApp us at +91-9047778755 (Arul).

News and Notes # 814 – 18th April 2020 4
Unity Fund Annual Report: April 2018 to March 2019

What is the Unity Fund?
The Auroville Unity Fund was registered via Office Order No. 60 by the Auroville Foundation Office on 31 June 2006 to:
1) Receive Auroville Commercial Unit surplus income and current reserves
2) Receive donations and income of the Auroville Foundation, including grants and donations, both foreign and Indian.
3) Maintain and operate the bank account specified under FCRA rules for the receipt of all grants and donations from foreign sources.
4) Channel, in accordance with approved Auroville budgets under the supervision of a Budget Committee, incomes, donations, and contributions to the respective budgets and unit accounts.
5) Ensure utilization of funds in accordance with the donor’s specifications.
6) Ensure that accounts and supporting documentation are properly maintained.

How is the Unity Fund Managed?
The Unity Fund is currently managed by five executives (Rathinam, Otto, Lyle, Christine, and Michael T.) appointed by the FAMC on 17 September 2017 for five-year terms. The Unity Fund executives are directly accountable to the FAMC. The Unity Fund has its office at Financial Service in the Town Hall. One of the executives, Rathinam, manages the day to day operations of the Unity Fund along with two Aurovillians. Accounts are maintained in Tally. The Unity Fund balance sheets are submitted to the Auroville Foundation Office on an annual basis and consolidated into the overall Auroville Foundation Balance Sheet, which is submitted to parliament. The Auroville Unity Fund is regularly audited by the Comptroller and Auditor General (CAG) of India.

All external donations and internal contributions received by the Unity Fund are channeled to either: City Services, registered Trusts or registered Units, according to both Auroville policy and the instructions received by the donors. In the case of donations that are unspecified, the Unity Fund informs the FAMC, which then determines the use of these funds. In the case of City Services, all funds are budgeted and managed by the Budget Coordination Committee, a sub-group of the FAMC. City Services, Trusts and Units in receipt of donations and contributions are then responsible for disbursing funds to the specific activities for which they are given. City Services, Trusts and Units are also responsible for ensuring that the activities account for the funds in compliance with accounting standards determined by the CAG.

Annual Finances

<table>
<thead>
<tr>
<th>Receipts &amp; Payments (in Lakhs Rs.)</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Opening Balance</td>
<td>2,132</td>
</tr>
<tr>
<td>Receipts</td>
<td>7,560</td>
</tr>
<tr>
<td>Other Credit Transactions</td>
<td>929</td>
</tr>
<tr>
<td>Payments</td>
<td>7,256</td>
</tr>
<tr>
<td>Other Debit Transactions</td>
<td>748</td>
</tr>
<tr>
<td>Closing Balance</td>
<td>2,617</td>
</tr>
</tbody>
</table>

This year the Unity Fund started with a balance of Rs.2,132 lakhs. Receipts totaled Rs.7,560 lakhs and Other Credit Transactions totaled Rs. 929 lakhs. Payments totaled Rs.7,256 lakhs and Other Debit Transactions total Rs. 748 lakhs. Other Credit and Other Debit Transactions include administration charges, transfers between Units (with same effect on credit and debit sides) and contribution of earned interest to City Service, which is approximately equivalent to the difference between other credit and other debit transactions. Unity Fund ended the reporting period with a positive balance of Rs.2,617 lakhs.

Receipts: Comparison 2006-07 to 2018-19

Nominal figures presented in Figure 1, below, are the actual rupee amounts (in crores) received by the Unity Fund. Real figures are adjusted for inflation to represent actual purchasing power. The above graph shows that while the actual rupee amount (nominal amount) has increased by 117% since 2008-09, the real amount has not increased by 1%. This means that our purchasing power has basically remained unchanged compared to 2008-09. In other words, although we have received 117% more money in 2008-09, we can only purchase the same amount of goods and services with that money.
Unity Fund Income by Source - The Unity Fund categorizes its receipts by both source and purpose. This year Rs.3,010 lakhs came from Aurovillian sources, Rs.1,865 lakhs from the Government of India (GOI), Rs.1,410 lakhs from Indian sources, and Rs.1,275 lakhs of the receipts came from Foreign sources.

Aurovillian Sources. 52% of the funds received from Aurovillian Sources were allocated to the City Services budget, and 48% were for Housing.

GOI. 32% of the funds received from the GOI were for Culture & Sports, 27% for Community Development and 21% for Housing.

Indian Sources. 23% of the funds received from the Indian sources were for Land Development, 20% for Bioregion Development, 17% for the Community Development and 17% for Education.

Foreign Sources. 32% of the funds received from foreign sources were for Bioregion Development, 28% for Land Development and 15% for Education.

Figure 2: Receipts by Category

Payments by Category: Figure 3, below, shows that like receipts, more than half of the payments were for Housing, City Services, and Community Development.

Figure 3: Payments by Category
Receipts and Payments by Category
The table below shows the distribution of receipts and payments in each category:

<table>
<thead>
<tr>
<th>Groups</th>
<th>Receipts in Rs. lakhs</th>
<th>Receipts in %</th>
<th>Payments in Rs. lakhs</th>
<th>Payments in %</th>
</tr>
</thead>
<tbody>
<tr>
<td>HOUSING</td>
<td>1,828</td>
<td>24.18%</td>
<td>1,750</td>
<td>24.12%</td>
</tr>
<tr>
<td>CITY SERVICES</td>
<td>1,606</td>
<td>21.24%</td>
<td>1,767</td>
<td>24.35%</td>
</tr>
<tr>
<td>COMMUNITY DEVELOPMENT</td>
<td>830</td>
<td>10.97%</td>
<td>805</td>
<td>11.10%</td>
</tr>
<tr>
<td>BIOREGION DEVELOPMENT</td>
<td>688</td>
<td>9.10%</td>
<td>812</td>
<td>11.19%</td>
</tr>
<tr>
<td>LAND &amp; LAND DEVELOPMENT</td>
<td>683</td>
<td>9.03%</td>
<td>120</td>
<td>1.65%</td>
</tr>
<tr>
<td>EDUCATION</td>
<td>673</td>
<td>8.90%</td>
<td>630</td>
<td>8.68%</td>
</tr>
<tr>
<td>CULTURE &amp; SPORTS</td>
<td>624</td>
<td>8.25%</td>
<td>683</td>
<td>9.42%</td>
</tr>
<tr>
<td>MATRIHANDIR Group</td>
<td>269</td>
<td>3.56%</td>
<td>317</td>
<td>4.37%</td>
</tr>
<tr>
<td>INTERNATIONAL ZONE</td>
<td>81</td>
<td>1.07%</td>
<td>78</td>
<td>1.07%</td>
</tr>
<tr>
<td>HEALTH</td>
<td>77</td>
<td>1.02%</td>
<td>74</td>
<td>1.02%</td>
</tr>
<tr>
<td>SCIENTIFIC RESEARCH</td>
<td>71</td>
<td>0.94%</td>
<td>65</td>
<td>0.89%</td>
</tr>
<tr>
<td>BUILDINGS &amp; INFRASTRUCTURE</td>
<td>49</td>
<td>0.65%</td>
<td>54</td>
<td>0.75%</td>
</tr>
<tr>
<td>MUNICIPALITY</td>
<td>29</td>
<td>0.33%</td>
<td>26</td>
<td>0.36%</td>
</tr>
<tr>
<td>AGRICULTURE DEVELOPMENT</td>
<td>20</td>
<td>0.26%</td>
<td>10</td>
<td>0.14%</td>
</tr>
<tr>
<td>FARMS &amp; FOREST</td>
<td>15</td>
<td>0.20%</td>
<td>38</td>
<td>0.52%</td>
</tr>
<tr>
<td>COMMUNICATION</td>
<td>9</td>
<td>0.12%</td>
<td>5</td>
<td>0.07%</td>
</tr>
<tr>
<td>CONSULTANCY</td>
<td>5</td>
<td>0.07%</td>
<td>14</td>
<td>0.19%</td>
</tr>
<tr>
<td>AV MAINTENANCE</td>
<td>5</td>
<td>0.07%</td>
<td>5</td>
<td>0.07%</td>
</tr>
<tr>
<td>GUEST HOUSES</td>
<td>2</td>
<td>0.02%</td>
<td>2</td>
<td>0.02%</td>
</tr>
<tr>
<td>PLANNING &amp; DEVELOPMENT GROUP</td>
<td>-</td>
<td>0.00%</td>
<td>2</td>
<td>0.03%</td>
</tr>
<tr>
<td>Grand Total</td>
<td>7,560</td>
<td>100%</td>
<td>7,256</td>
<td>100%</td>
</tr>
</tbody>
</table>

Trusts and Units with Payments Greater than 50 Lakhs
The table below shows Units and Trusts that had payments totaling more than Rs. 50 lakhs this financial year. After the City Services budget the two largest activities this year, in financial terms, were Auroville 50th Anniversary Capital which received Rs.410 lakhs and the L’Avenir which received Rs.385 lakhs through the Government of India planned grant.

L’Avenir, Bharat Nivas Capital and SAIIER also received funds through the Government of India planned grant. These funds were distributed across construction projects, research projects, and maintenances.

<table>
<thead>
<tr>
<th>Activities</th>
<th>Category</th>
<th>Payments in Rs. lakhs</th>
</tr>
</thead>
<tbody>
<tr>
<td>City Services Budget</td>
<td>CITY SERVICES</td>
<td>1,457</td>
</tr>
<tr>
<td>Auroville 50th Anniversary Capital</td>
<td>CULTURE &amp; SPORTS</td>
<td>410</td>
</tr>
<tr>
<td>L’Avenir Capital Housing</td>
<td>HOUSING</td>
<td>385</td>
</tr>
<tr>
<td>SAIIER Capital</td>
<td>COMMUNITY DEVELOPMENT</td>
<td>339</td>
</tr>
<tr>
<td>Matrimandir</td>
<td>MATRIHANDIR Group</td>
<td>292</td>
</tr>
<tr>
<td>Auroville Green Energy</td>
<td>COMMUNITY DEVELOPMENT</td>
<td>239</td>
</tr>
<tr>
<td>SAIIER-General</td>
<td>EDUCATION</td>
<td>236</td>
</tr>
<tr>
<td>Acres for Auroville 4</td>
<td>LAND &amp; LAND DEVELOPMENT</td>
<td>199</td>
</tr>
<tr>
<td>City Services</td>
<td>CITY SERVICES</td>
<td>197</td>
</tr>
<tr>
<td>Auroville 50th Anniversary General</td>
<td>CULTURE &amp; SPORTS</td>
<td>189</td>
</tr>
<tr>
<td>Deepam</td>
<td>BIOREGION DEVELOPMENT</td>
<td>171</td>
</tr>
<tr>
<td>Housing Kalpana</td>
<td>HOUSING</td>
<td>165</td>
</tr>
<tr>
<td>Housing Sunship</td>
<td>HOUSING</td>
<td>128</td>
</tr>
<tr>
<td>Sadhana Forest</td>
<td>BIOREGION DEVELOPMENT</td>
<td>103</td>
</tr>
</tbody>
</table>

News and Notes # 814 – 18th April 2020
<table>
<thead>
<tr>
<th>Activities</th>
<th>Category</th>
<th>Payments in Rs. lakhs</th>
</tr>
</thead>
<tbody>
<tr>
<td>L'Avenir Capital Infrastructure</td>
<td>COMMUNITY DEVELOPMENT</td>
<td>98</td>
</tr>
<tr>
<td>Pitchandikulam Forest</td>
<td>BIOREGION DEVELOPMENT</td>
<td>85</td>
</tr>
<tr>
<td>TDS Receivable - TDS Others</td>
<td>CITY SERVICES</td>
<td>67</td>
</tr>
<tr>
<td>House Transfers</td>
<td>HOUSING</td>
<td>65</td>
</tr>
<tr>
<td>SAIER Savitri Bhavan</td>
<td>EDUCATION</td>
<td>63</td>
</tr>
<tr>
<td>Housing Christie and Richard</td>
<td>HOUSING</td>
<td>62</td>
</tr>
<tr>
<td>Palmyra</td>
<td>BIOREGION DEVELOPMENT</td>
<td>57</td>
</tr>
<tr>
<td>Auroville 50th Anniversay</td>
<td>CULTURE &amp; SPORTS</td>
<td>56</td>
</tr>
<tr>
<td>Udavi School Trust</td>
<td>BIOREGION DEVELOPMENT</td>
<td>54</td>
</tr>
</tbody>
</table>

**Receipts and Payments by Account and Tax Exemption Category.**

Currently, donors may claim various income tax deductions for donations to Auroville depending upon the purpose. Donations for Scientific Research and Social Science Research are eligible for a deduction of 100% of the donation against the person’s taxable income under IT Exemptions u/s 35(1)(ii) and IT Exemption u/s 35(1)(iii), respectively. Donations to Auroville in general are eligible for a deduction of 50% of of the donation against the person’s taxable income under IT Exemption u/s 80(g).

The Unity Fund maintains separate accounts for each of the tax categories and for funds from the Government of India Grants. The Main account is specifically for Indian donations. Not all Indian donors request a tax receipt, but the Unity Fund does keep track of the tax receipts issued. The table below presents the receipts and payments by account this year.

<table>
<thead>
<tr>
<th>Account</th>
<th>Receipts in Rs. Lakhs</th>
<th>Payments in Rs. Lakhs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Foreign (no tax receipts issued)</td>
<td>1,947</td>
<td>1908</td>
</tr>
<tr>
<td>GOI Grant (no tax receipts issued)</td>
<td>1,865</td>
<td>1,865</td>
</tr>
<tr>
<td>Main (Indian account, some 80(g) tax receipts issued)</td>
<td>2,721</td>
<td>2,648</td>
</tr>
<tr>
<td>Scientific Research (35.1.ii tax receipts issued)</td>
<td>0</td>
<td>37</td>
</tr>
<tr>
<td>Social Science Research (35.1.iii tax receipts issued)</td>
<td>1,027</td>
<td>799</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>7,560</strong></td>
<td><strong>7,256</strong></td>
</tr>
</tbody>
</table>

Of the funds received in the Main account, Rs. 235 lakhs were issued an 80(g) tax receipt.

**Unspecified Donations.** Net unspecified donations totaled Rs. 2.4 lakhs. These remain as yet unallocated.

**Interest.** In 2018-19, interest earned totaled Rs.239 lakhs.
WC/CTF: Please send your Self-Declaration form

Thank you very much to the many people who responded and filled out the Self-Declaration form in a timely manner, as per the request that was made in the massbulletin posted on the 9th of April. However, there are still many individuals who have not filled in the form, so this is a reminder to those who have not yet responded to please do so as soon as possible by Monday 20 April, using: https://forms.gle/RKBvkcqIFunB5yUY19 or by asking for help via covid19Taskforce@auroville.org.in.

If you know of anyone who has not received the massbulletin with the link, please ask them to contact the Task Force. Also, please note that Auroville guests and volunteers are expected to fill out the form as well so if you know of anyone in these groups who has not filled out the form, please ask them to contact the Task Force.

WORKING GROUP REPORTS

From the Working Committee: We apologize for the delay in publishing the below report. The main reason for the delay is the development around the coronavirus Covid-19 pandemic. Your Working Committee,

Carel, Chali, Jürgen, Partha, Ranjith, Selvaraj, Sauro

* * * * *

Report of the Working Committee
1st February - 13th April 2020

The main issues of these months were as follows:

1. Coronavirus situation update.
   a. On March 13th, the Working Committee called for a meeting in which it was agreed to close the Matrimandir Inner Chamber and the video room at the Visitors’ Centre to external guests. Aurovilians were still free to meditate there in the early mornings and evenings. Also the pre-Kindergarten, Kindergarten and primary schools and secondary schools were closed. This meeting, and subsequent meetings which happened every two days, included representatives of the Working Committee, AV Health Centre, Pharmacy, AV Health Services, Sante, Ambulance team, AV Safety and Security team, Matrimandir, Visitors’ Center, Guest Facilities Coordination Group, SAVI, FAMC, BCC, AVC, Solar Kitchen, PTPS, PTDC, ABC, ABS and others. These meetings stopped when the Government announced the lockdown.
   b. On March 16, a wider directive was issued, informing about restrictions and precautions to be taken while visiting essential services such as the Solar Kitchen and the food and grocery outlets.
   i. Admission to these units and to Auroville restaurants and eateries was open only to Aurovilians, guests holding an Aurowcard and to volunteer card holders.
   ii. All events which involved large gatherings, such as general meetings, concerts, festivals, etc. were shut down.
   iii. The Visitors’ Centre was closed for outside visitors.
   iv. Guesthouses and home stays were instructed to stop taking in new guests.
   v. The Quiet Helpline Centre was closed while Santé Centre and others stopped all body-contact treatments.
   vi. Instructions were given that those who had recently returned from abroad or from Covid-19 affected areas of India had to self-quarantine for two weeks.
   vii. A list of mandatory precautions, such as physical distancing, the wearing of masks and sanitization of hands, was circulated.

vii. On March 19, the Health Authorities of Tamil Nadu set up a screening camp at Santé in Auroville, where all those who had arrived from elsewhere in India or abroad were told to get themselves screened. Also those who had no travel history but had contact with people who have returned from abroad were instructed to getting themselves screened.

iv. On March 21, the Collectors of Pondicherry and Villupuram district and its Health Service administrators visited Auroville. For them, Auroville, with citizens from over 58 countries, is a very sensitive zone.

vi. The Working Committee setup a Covid-19 Task Force, consisting of Prashant, Tejaswini, Indhuja, Angela, Sudipta and Arul, to assist in dealing with all Coronavirus related issues and to provide logistical and practical support. This Task Force emerged from the large meetings described above.

v. The Working Committee and the Task Force intensified their interactions with the police and Government health inspector of this area, to ensure that all government orders, guidelines, quarantines and safety measures were communicated and implemented. Lists of guests, volunteers and Aurovilians were shared with the authorities as required.

vii. All residents have since been requested to reduce their visits to places where many people gather at the same time and reduce their shopping trips as much as possible. A ‘basket’ food delivery system is being developed, in particular for the elderly and the sick, with special needs, who are under home quarantine. The larger goal is to be prepared to fully move to home delivery and to stop all individual shopping, if this becomes necessary. This will be implemented if the pandemic progresses into the Auroville area or if the government orders a stricter lockdown.

viii. The situation became difficult for many Auroville guests and tourists who found themselves stranded in Auroville. Foreign missions started to organize flights home, which involved close coordination between the local authorities and the Working Committee in order to facilitate travel from Auroville to the airport of departure. Some more flights are scheduled. It has to be noted that the information and admission to the special flights can be only obtained from the Embassy or the Consulate and guests are advised to stay directly in contact with them.

ix. The Working Committee is moreover responsible for issuing passes for those who need them to run essential services at a minimum level, and is in contact with the authorities of Pondicherry to ensure that our food vans can reach the markets to purchase essential food items, groceries and sanitation materials.

x. The Task Force organized the sanitizing of the areas in and around food and take away outlets as instructed by the health inspector and supervised by the hygiene inspector of the Auroville Health Services.

k. Jointly with the FAMC we have written to D. Karan Singh, the Chairman of the Auroville Foundation, about how to cover the costs of all emergency measures that need to be taken because of the Coronavirus situation. Thus far, an amount of approximately Rs 7 lacs has been spent on emergency equipment and on sanitation requirements requested by the government. We expect this amount to increase in the coming weeks, and even more in case we need to set up an isolation ward in Auroville. We have asked Dr. Karan Singh that the Finance Committee of the Governing Board, which he chairs, considers recommending to the HRD Ministry to either approve the re-purposing of the unspent capital funds (Rs 51.5 laks) from the 3rd installment of the GOI grant financial year 2019-2020, which was received only in the third week of March 2020, to include spending on emergency measures; or approve that a part of the regular GOI grant yet to be allocated to the Auroville Foundation for the financial year 2020-2021 is used for this purpose. Dr. Karan Singh has responded positively to this request and the FAMC is now in discussion on this topic with the Acting Secretary.

News and Notes # 814 – 18th April 2020
9
We have learned that for the third time the position has been advertised by the HRD Ministry.

7). Entry and Exit Regulations and Internal Exit Policy.

a) Regulations. We have been informed that the Acting Secretary of the Auroville Foundation is in the process of publishing the Auroville Foundation (Admission and Termination of persons in the Register of Residents) Regulations, 2013, in part III of the Official Gazette of India. The section in Form 1, allowing ownership of immovable assets in the Green Belt Area of the Auroville Master Plan with the written permission of the Auroville Foundation, has been removed.

b) Change of Regulations. A proposal for amendments to the Regulations will be submitted for approval to the Residents’ Assembly. If approved, the proposed amendments will be submitted to the Task Force on Governance headed by Shri M. Madan Gopal, constituted by the Governing Board. Please note that the changed Regulations, once approved by the Board, will need approval from the HRD Ministry and afterwards publication in the Official Gazette of India before they come into force.

c) Internal Exit Policy. A General Meeting took place on the draft Internal Exit Policy formulated by the Exit Policy Task Group. After this meeting, this group has informed the Working Committee that its task has been finished and that the group is disbanded. We are in process to see what to do with the comments made during the meeting.

d) Internal Exit Policy. Some modifications have been proposed to the Entry Policy of 2017. These have been presented to the community and are awaiting an RAD process. This is pending until after the Coronavirus situation.

8) Visa Issues:

a) Pending cases of people who have been refused entry into India. François Gautier has interacted with authorities of the Ministry of Home Affairs in New Delhi and emailed us that he was informed that all pending cases are being looked at with a sympathetic eye and that the authorities have reiterated that the Auroville Foundation can directly approach them.

b) Visa extension and passport renewal issues.
   i) Pending the Coronavirus lockdown, extension of (stay) visa and residential permits is done as normal by the Residents’ Service in cooperation with the Auroville Foundation office.
   ii) Extension of tourist visa for people who cannot leave India due to the lockdown has to be done by the tourist visa holder online. Visit https://indianvisaonline.gov.in/
   iii) Those who cannot renew their passport as the mission of their country is closed are advised to send an email to the FRRO, Chennai, informing about the situation. Address: frrochn@nic.in

9) Income Tax issues - A small delegation of the Working Committee and the FAMC, along with CA Prabhakaran, briefly met with Governing Board member Shri Anirban Ganguly on Sunday February 23rd in Pondicherry where the Income Tax situation of the Auroville Foundation was discussed. Following this meeting, the Chairman of the Auroville Foundation has sent a letter to the Finance Minister.

10) GOI Grant issues.

The Acting Secretary Mr Srinivasamurthy informed us that:

a) In principle, with effect from April 1, 2020, no further general grants can be expected to be made to TDC. TDC will henceforth have to be financed by the community (BCC). TDC should apply for grants from GoI funds for specific projects with clear targets, which could then include some maintenance for the people involved in the project.

b) GOI grants for school buildings may also be difficult to get. SAIER needs to give their priorities for buildings.

c) Most likely, 2020-21 will be the last year for capital grant for Bharat Nivas as per the budget discussion in Nov’18 at MHRD, Delhi. No new buildings, except Swagatham GH and Atithi Girha GH extension, can be considered. The general grant for Bharat Nivas cannot be expected to continue.

d) No grant will be available for housing, but infrastructure grants can be justified.
11). TDC Selection/membership
After discussion with the Auroville Council, members of the RAS and members of the task group on restructuring the selection process, it has been decided to call for a General Meeting to discuss a proposal that permanent members will be appointed following the same simplified PWG process that was recently approved by the community for the 4 working groups. This is scheduled to happen when the lockdown is over.

12) Incident at Well Café.
   a) Two reports of the incident have been published on the Auronet and in the News and Notes.
   b) We have received objections from some community members that the Working Committee has advised an Aurovilian to file a police complaint against another Aurovilian as these problems should have been resolved internally. These objections disregard the attempts that were made jointly by the Auroville Council and Working Committee to internally resolve this and previous conflicts, which failed. Consequently, the Working Committee concluded that, given the history of animosity between those involved relating to the parties at Sve Dam, an amicable solution could not be expected. As the window for filing a police complaint was closing, and as no other option was available which would give justice to the aggrieved woman, we advised the aggrieved woman to immediately file a complaint.
   c) In a more recent development, we have spoken with both parties involved about the option of going into a legal mediation process with an external legal mediator, which would have the possibility of coming to an out-of-court agreement for this incident as well as addressing some of the long-standing and underlying issues.

13) Food Lab.
We have received complaints about wrong business practices from the Food Lab executives. As the Food Lab is a unit of the Kattidai Kalai Trust, these complaints have been forwarded to the trustees who are dealing with the issues.

From the BCC - Dear Aurovilians and Newcomers,
Auroville needs your help.
The Corona crisis has many consequences for the way we live. One of the many big consequences: our economy is suffering. As a community we are dealing with less income. Less income means less money to spend on all that binds us together. We have to make a few difficult choices.

These choices may be a bit lighter if we all look at our own financial situation and ask the question: Can I survive with a little less and can I share my excess with the community? The possibilities for sharing are endless, but below are a few suggestions:
- Surprise City Services with an extra contribution to our budget. Simply transfer any amount to Financial Service account 252554 (BCC Emergency Fund).
- Give up your maintenance or part of your maintenance for a few months. Write a mail to hrt@auroville.org.in, subject: my maintenance help. State clearly: I want to help, please put my full/half maintenance on hold for x number of months.
- I want to help. Please reduce my full maintenance to half (or half maintenance to Care Package)
  OR
- Please continue my full/half maintenance, but for x number of months, I don’t need the cash part / kind part or I can reduce the cash/kind part to x amount.
  OR
- Pay your individual Auroville contribution upfront for a specified number of months. Send a mail to bccoffice@auroville.org.in and tell us for how many months you would like to give your monthly contribution upfront.

Back to normal - BCC will make sure that the regular transfer of your maintenance or automatic transfer of your Auroville individual contribution will continue as usual again after the x number of months have passed. You don’t need to activate any regular transfer yourself.

Thank you very much for your generosity,
- The BCC: Christine, Enrica, Hans, Inge, Jacques, Mahi, Margarita, Meena, Stephanie and Rathinam

ANNOUNCEMENTS
From the Financial Service:
All international cheque transactions are on hold at the moment; we take in your cheques and will give advance on the cheque whenever needed. The credit will only show on your account once the cheques have been processed by the bank. Thanking you all for your co-operation!

To all persons presently hosting guests in Auroville (NO NEW GUESTS ARE ALLOWED):
The Guest Registration Service will be closed until further notice, at all three locations (Town Hall, Aspiration and Visitor’s Centre). Aurovilians who are hosting guests that need C-form extensions need to inform us by sending an email to grs@auroville.org.in, and giving the details listed below.

Guest House managers who need C-form extensions done by us need to equally inform us by sending an email to ggrs@auroville.org.in with the below details. NOTE THAT GUESTS CANNOT WRITE TO US DIRECTLY, requests can only come from Aurovillian hosts or Guest House managers.

If someone requires a softcopy of the C-form, please mention this in the email. We will send it in reply.

SAIER accepting project proposals - May 9th deadline
Every year SAIER receives a small grant from the Government of India for supporting innovative programs in the fields of education and/or culture. SAIER is accepting project proposals for 2020-21 in three categories:
- Research
- Activities
- Publications

Please email kristen@auroville.org.in if you need a proposal form, specifying which project category.

Project funds can support human resources and/or materials for the project. Please note that projects are intended to be of limited duration, instead of recurring yearly activities. There is a two-year limit for receiving maintenances through project funds.

We are setting a deadline of May 9 for the first round of project proposals. Due to present circumstances we may have to adjust normal procedures and timeframes. We will do our best to keep you informed. Please feel free to contact kristen@auroville.org.in with any questions.
Dreamers at Visitors Center is OPEN

- We are only serving TAKE AWAY, so please bring your own boxes and flask. It is not allowed to sit on the cafe premises to consume or socialize, only to wait for your order.
- We do not accept cash, only Aurovilians, Newcomers and AV Guests with a Financial Service account can avail of this service.
- Wearing mask is a must.
- Keep 1.5 m distance from each other.

Our menu is limited to bakery items like cakes, breads, croissants and of course coffees.

If you would prefer booking in advance you can send your request to catami@auroville.org.in (WhatsApp +919843808762 Thank you.

Auroville Bakery will make full cakes on order.

- Place your order one day before and send details to this number: 9443647530 (WhatsApp or SMS only). Mention what kind of cake and your PT/AC number. NO CASH!!!
- Be wise and Stay safe. Auroville Bakery Team

APPEALS

Creation of a BCC Emergency Fund

Dear Friends in Auroville and abroad,

I know that your personal situation, as well as that of all humanity at this time, is precarious and difficult. But I am appealing to all of you who carry the dream of Auroville in your hearts, and can afford it financially, to help as far as possible the city of the Dawn of a New Humanity, which we all so desperately need, to get through these difficult times.

As you know, Unit contributions have almost completely dried up. And the return to normal in the near future is highly hypothetical. At my request, a new account to assist Auroville in this current crisis was created yesterday by Financial Service, called "BCC Emergency Fund". For those who have an Aurovillian account, transfers can be directly put on this account number 252554 - BCC Emergency Fund. Others can make donations through Unity Fund.

AVI-Canada has decided to send an amount of CAN $2,000 to this account for the time being. And we are already receiving more funds from Canada and UK. Even a small gesture on your part can make a difference. Thank you to all of you. Let’s go together through this difficult time. Take care of yourself and stay safe. Let us keep an unshakable faith in Mother’s Grace,

- Christian Feuilllette, AVI Board Chairman

COVID-19 Lockdown: An Appeal from AVAG

In India, the COVID-19 pandemic and the unprecedented national lockdown has severely affected basic livelihood security of a large number of people engaged in the informal sector. Even though the national and state governments have announced relief measures, the most vulnerable sections of the society who lack a ration card (that is an officially registered address) will not be eligible for any relief schemes.

Auroville Village Action Group (AVAG) was contacted by village leaders and youth to help in identifying such destitute people in the region and providing them with immediate relief measures. AVAG community-Based Organizations (CBO), namely Palaam and women’s self-help groups in each village are helping Panchayat government secretaries in this task. We estimate about 1000 people in 35 villages are in dire need of such help.

We would like to help by giving materials in kind. Each beneficiary will get a relief packet worth Rs.1000 comprising basic food items, namely rice, lentils, oil, sugar, spices, onions and tomatoes as well as sanitation materials like soaps and masks. Our immediate target is to help 200 people in the surrounding villages of Auroville. We would be grateful for your support in this task.

Any donation, big or small, is most welcome. We will keep you updated on the progress of our work. In our endeavour to provide relief, we have reached approximately 150 beneficiaries in our bio-region and are aiming to reach more families as soon as possible. Last but not least, we would like to mention that AVAG’s Udhayam’s Women Federation has given its commitment to help 350 vulnerable single women with a similar relief package, and the staff of AVAG are donating a percentage of their monthly salary to this fund.

Please make your donation to the AVAG F. S. account 0226, with a memo specifying “Covid-19 Relief Fund.”

To donate via our crowdfunding campaign: https://milaa.org/fundraiser/support-avag&utm_source=AVAG-newsletter&utm_campaign=8f029a4d10-EMAIL_CAMPAIGN_2020_04_11_11_41_COPY_01&utm_medium=email&utm_term=0_9854c5f3c0-bf029a4d10-56071535

We will keep you updated on the progress of our work. We sincerely thank you for your solidarity and generosity.

Abha T., Alain B., Anandl V., Anbu, Bindu, Bridget, Moris and Subbu

The Lockdown Blues

You got them lockdown blues
it’s making you paint in heightened hues
the muse is forcing your creativity open
poems merge out of your pen
painting inner vistas
singing to new listeners
so film, write, paint, perform on your cues and send them to AV Today's Lockdown Blues

AV Today is calling for creative expressions from the lockdown from Aurovilians, Newcomers, friends, workers. A part of our June-July double issue will feature some of our homegrown responses to this time.

So, if you have found the muse calling during the quiet time please let us know. Whether it’s poetry, painting, film making, music, photography, prose, dance, drama or any other inspirations, please connect with us.

Our word limit for prose and poetry is preferably 500 words. We might need to apply some red pen in the way of edits, and we can’t guarantee to print your contributions, but we’re keen to include a diverse spread of creative endeavors. If it’s a film or a large document, please email an outline first. Our final deadline is May 2, but the sooner you can send us your piece, the better.

In creative fraternity,
Peter, Valentina, Mariana
emails: ptlloyd65@gmail.com; valentina.beatriz.s@gmail.com; mariana@auroville.org.in
Dear Community,
I am in the process of writing a project proposal about tourism, to be presented to SAIIER. One section will be dedicated to elaboration of data: in this moment, I would like to talk with someone who works in the statistics field, to get some suggestions and information, to be able to present a detailed budget report. In the future, I could need someone expert in this field, open to collaborate to the project, if accepted by SAIIER. If you are a statistics expert, open to collaborate, please contact me! Your expertise will be truly appreciated. Kyara - merianichiara@gmail.com

LOST AND FOUND (or exchanged by mistake …)

Tiffins @ SK - I marked my tiffin containers with two equidistant red dots to identify it as mine. Unfortunately, all the containers have been exchanged with someone else, while the stand still bears my name. This happened about 5-7 days ago, and despite trying several times with Sudhakar to make the switch back, I have failed. So - whoever has my red-dotted tiffins, pls. give me a call so that we can switch again. FYI: With most tiffin carriers looking identical, SK really prefers if your name/number is written in indelible paint on all the containers. As my name symbolizes a dot, I had just used dots on mine! Thanks for helping me out.

Bindu, 9486623278

FOR YOUR INFORMATION

From Naturellement - It is now more important than ever to strengthen our immune system. We have contemplated this and created a new dish, the 'Power bowl', nutritious and tasty, full of vitamins, minerals, antioxidants and probiotics. It is based on organic brown rice with a dressing of natural vinegar, extra virgin olive oil and Himalayan salt. Two kinds of spoons, fenugreek and moong dal, are added as well as roasted organic sesame seeds and naturally fermented cabbage with ginger and spices. Finally topped with rucola from our garden. We offer one portion for 140 Rs only, that nobody will hesitate because of the price. Welcome with your tiffin! Stay well and keep smiling.
- The Garden Cafe Team

P.S. We have now also some freshly made organic Tahini added to our 50% discount scheme that will be available in HERS and PTPS.

From the Travel Shop/Inside India - Our clients can contact us via our emergency cell phone number: Jearaj, 99944-74395 or by email: travelshop@aurowville.org.in or on Whatsapp: 9486623278

Which Food during confinement - submitted by Jose Remacle, Friend of Aurowville

Since we are confined, we have reduced our physical work or activities and we can put on weight if we are not careful. Some general principles can be recalled. The food that we eat has to be adapted to our need. Excess of food will be stored as fat. Also we need to eat varied foods. The reason is that we need many elements in our food: minerals, vitamins, essential amino acids (proteins) and essential fatty acids.

How to get our protein ratio in healthy vegetarian foods

Vegetarian food is a basic food in India. The meals are prepared according to the tradition and are usually well balanced. However given the tendency to eat fast prepared food, the habits are changing and it is good to know what are the basis of a healthy food to sustain our body, its growth and its activity.

We will focus on the protein need and how to get it in our modern food. The 3 main aliments that we eat are (1), the carbohydrates like rice, chapati, nan, (2) the lipids like the oil, ghee, butter and (3) the proteins. The carbohydrates and the lipids give our daily requirement of energy and if we eat too much they are store in our body so that we can go through some days of low food without problem. The carbohydrates (and sugar) are storage of one or 2 days while the lipids are long term storage as fat on month scale. Our body store the excess of carbohydrate into fat.

However, this is not the case of proteins. The proteins are everywhere in our body and play multiple roles from enzymes which make all the reactions in our cells to our muscles and the collagens which are the protein of the ligaments.

The proteins are formed as long chains of pearts, there are 20 pearts, called amino acids and the way they assemble in the chain give them their structure and their function.

Our body can synthetize 9 amino acids but 11 cannot be synthetized and need to be present in our food. We need all these 20 amino acids otherwise the protein chains cannot be completed.

How much protein do we need in our food. Our cells constantly degrade and resynthesize our proteins; we estimate that 400 gr of proteins are degraded every day in our billion cells. These proteins are cut into single amino acids and then reuse for the synthesis of new proteins. However, a small amount of between 20 and 30 gr are lost and these are the amino acids that we need to get into our food for replacement of the lost ones.

Can we get these amino acids if we eat 30 gr of protein? Unfortunately, the answer is no, we need to eat more proteins. There are 2 reasons, one is that all the proteins in the food are not available and not digested. The second reason is that we need a minimum of all the 20 amino acids. Some amino acids are needed in large amount and others only in small amount. If we eat a protein having low proportion of one amino acid, we need to eat much more of this protein in order to get the minimum of this limiting amino acid.

Let’s take the example of the rice. What happens if we eat only rice? Complete cooked rice contains around 3 gr of protein per 100 gr of rice (it depends of the rice and the cooking). This rice protein has a low amount of Lysine, one of the main amino acid. To get the minimum of lysine needed by our body, we would need to eat 68 gr of rice protein. So if we eat only rice as a source of protein, we need to eat 2960 gr of rice (almost 3 kg). These 3 kg of rice would give an excess of other 19 amino acids but this is what we need to get the minimum of lysine. This is not possible.

What is the solution? Fortunately, other vegetables have different compositions of amino acids in their proteins. For example, dal and legumes in general have much more lysine but less cysteine. Others like oisleeds: soya and nuts have also more lysine but less valine or tryptophane. So the solution to get a balanced food is to mix different vegetarian foods containing cereals, legumes and oisleeds. The deficit of one will be compensate by the others. Complementary, the proteins of the milk or milk products like curd and paneer have a very good composition and will give the requirement of the amino acids if eaten with the mixture of the other foods.

Also, the eggs are a very good source of protein. The white of the egg is pure protein. One egg of 50 gr contain 6 gr of protein. Content of the yellow contain cholesterol. One yellow has 60% of cholesterol that we need for one day. So one egg is not a problem. If we do physical work, we can afford 2 yellows. The level of bad cholesterol is mostly dependent on individual way of life and genetic factors. (see for example Am J Clin Nutr. 1979 May;32(5):1051-7.) Egg is a very good food but not to eat in excess.

Traditionally such a mixture of different vegetarian food with also milk and sometime eggs is found in the thali and this is the reason why the thalis with dals and curd are one of the main plates in the vegetarian food in India.

There are many thalis and other vegetarian foods but all of them require the mixture of the 3 different types of vegetable foods (cereals, legumes and oisleeds) in order to provide the needed proteins.

Note: the numbers presented here are averages. Variations from individuals to individuals are high and depend of many factors like age, height, weight and also the physical activity. But the conclusions are the same.
INTEGRAL HEALTH
Classical homeopathy, hypno-therapy, child care

Consultations are free of cost to Aurovilians, Newcomers & long-term volunteers. Consultations are generally held in English, French and German, and Tamil.

First Aid Kits with 32 remedies are available, description in English, French, German and Tamil are available. Please contact us if you like to learn how to use homeopathy for First Aid.

Available from our remedy box in the waiting area, for free: Okoubaka to alleviate ailments after exposure to pesticides sprayed on the Cashew trees, as well as PC Shock, PC Trauma, PC Allergy, PC Diabetes, PC High Blood pressure etc. are available

Harmony and Samata, remedies related to Sri Aurobindo.
All remedies are available 24-7 at our remedy box, in the waiting area. Just come and take anytime. Benefits are well established - no side effects.

You are welcome to contact us at integralhealth@auroville.org.in to enquire about the most suitable approach for your health or psychological issue.

Integral Health, Prayatna 2623669
Sigrid sigrid@auroville.org.in, www.sigridlindemann.com
Aditi, 9428429642; Malar malar@auroville.org.in 9080054843

AVAILABLE

Reusable Masks Infused with Herbs
In the current health crisis, there is a need for more high quality and affordable reusable masks. These masks can be used daily as a preventative measure along with frequent hand washing, sanitizing shared appliances and keeping social distance.
All masks are not intended for medical purpose but for general protection only. It is important to reserve the medically approved masks for doctors and health care providers.

Upasana is working hard to provide reusable and affordable healing masks as a part of its Therapeutic Clothing line. The team is devoted to keeping a steady stream of masks flowing into the local community and beyond.

FMI: WWW.HEALINGMASK.ORG

Mental Health Support for Spanish Speakers
The situation we are currently experiencing is unprecedented for everyone and therefore each of us has to choose ways to incorporate this new reality into our journey. Sometimes we need help to rearrange ourselves and continue our path. My name is Beatriz Gazmuri, I’m a long term volunteer and a Clinical Psychologist from the University of Chile, active since 1989. I would like to contribute by offering my online psychotherapy services to Spanish-speaking people. You can contact me at psicologabeatrizgazmuri@gmail.com

Nursing support for elders at home - Offering my experience with nursing to elder people at home for free. I did nursing professionally and as a volunteer during my past journey. Please contact me on 9786624784. Love Zeveic

Numerology of Eric Rolf: Would you like to know your Talents and Challenges? what number is calling your attention? isiauroville@gmail.com. Only by mail.

NEEDED

A house-sitter - looking for a house-sitter for summer months, starting May, for a house in the greenbelt. All facilities available. Would be best for an ecofriendly couple.
Contact ambre@auroville.org.in

Toilet flush handle - Does anyone know of/have an abandoned toilet flush tank lying around? The push-down handle on the outside which activates the flush is broken on mine, so I need that part. Tim (Certitude); timwreyer@... or phone 2622381.

Wooden table, medium or large - if someone has one that is not needed, I am happy to receive it and give it a good life. Thanks! Isora, isiauroville@gmail.com; 938-533-6187

Housesitting - I am a German writer (40) coming to Auroville yearly for 18 years now. At the moment, I am happily ‘stuck’ here, looking for a new and cool place for the coming summer. Since I enjoy gardening and animals, taking care of both would be no problem. I could move in as soon as next week, so please let me know if you know something. All the best, Dennis; PH 9047087185; dennis.freischlad@gmail.com

A second hand smart phone for sale or donation, as mine is broken and it seems important to have right now:) please call or write, 6379 555 708 direct number or WhatApp. Much gratitude and love, Ganga
As well looking for batteries for a generator, it was a gift and requires 2 batteries to set up.:)

A Healing Home - We are 3 friends here in Auroville, all in our late 30s - two Aurovilians (Prem Shakti and Marcella), and one volunteer/pre-newcomer (‘G’). Divine destiny brought us together during the lockdown time and we have discovered we have a lot to share with each other and the community. Together we have experience in - Yoga, Ayurveda/Nutrition, Meditation, Naturopathy, Massage, Counseling, and Women’s Healing Arts. We would like to live in a large beautiful house together, to learn from each other and grow, and to radiate the harmony and light to the larger community. A 4-bedroom or larger house would be ideal, to be able to accommodate another healer if they wanted to join at some point. House-sitting, rental, and stewardship options will all be considered, and appreciated. Please contact premshakti@auroville.org.in or +91 9489244823. Thank you! :

MATRIMANDIR

The 12 Gardens and 800 Flowers
- Pavel Bogdanovich

The Youth Garden
Youth garden can be regarded as a part of “Utility-Progress-Youth” group of gardens, which provides and facilitates Progress “from the ground”, while Youth does the same by more subtle qualities, influenced by the Future and Harmony.

“Let us live for the new creation [Utility garden] and we will become stronger and stronger while remaining young and progressive” [Mother’s Agenda, January 1972]. These qualities - sensitivity, receptivity, purity, sincerity, etc. - are familiar and sometimes mentioned in our daily life regarding the youth. However, in their true and ultimate sense they rise towards the eternal perfections of the Divine realisations. Having a presence of such qualities, Youth garden creates a powerful space for achieving Eternal youth and further steps towards Harmony and Perfection.

“To be young is to live in the future. To be young is to be always ready to give up what you are in order to become what you should be. To be young is never to accept the irreparable. To know how to be reborn into a new life at every moment is the secret of eternal youth” [The Mother, on Education].
The main flower: Beauty of supramental youth
"Exquisite in its freshness, powerful in its undeniable beauty"

Sub-gardens:
Youth (6 flowers)

- Eternal youth "It is a gift the Divine gives to us when we unite with Him"
- Fairy freshness "Charming, it refreshes the eyes"
- Thoughts turned towards the Divine "A certitude of beauty"
- Sweetness of thought turned exclusively towards the Divine "Pretty, joyful, sweet and calm, sheltered from all conflict!"

Charm & Beauty (9 flowers)

- Charm "Envelops and conquers by its unfailling sweetness"
- Charm of the New Creation / Charm of Auroville "The New Creation is attractive to all those who want to progress"
- Delicacy "Charming to those of refined taste"
- Beauty offers itself in service to the Divine "Incomparable splendour, it becomes a modest servitor"

Power to progress (8 flowers)

- Power to progress "Precious because of it is rare, it must be cultivated with care"
- Strength in the vital "Likes to show its beauty and its power"
- Vital courage "Must be controlled to be beneficial"
- Energy turned towards the Divine "The power of realisation offers itself in service to the Divine"

Sensitivity (6 flowers)

- Sensitivity "One of the results of refinement of the being"
- Vital sensitivity "Is excessive if not controlled"
- Artistic sensitivity "A powerful aid in fighting ugliness"
- Distinction of the vital "Light and graceful, of refined elegance" Further comment: "Distinction is the result of refinement, aristocracy, measure and artistic fineness"
• Renunciation of desires "The essential condition for realisation"
• Renunciation of vital desires "It has understood the futility of desires"
• Will to conquer the vital enemies "Indispensable for the mastery over desires"
• Surrender of all falsehood “Let us offer all our falsehoods to the Divine so that He may change them into joyous truths”

Offering (13 flowers)
• Offering “The only offering that truly enriches is the one that is made to the Divine”
• Offering of the emotions “Emotions placed at the service of progress”
• Integral Unconditional Offering "The joy of self-offering without asking anything in return"
• Adoration “Manifold, smiling, regular, it offers itself tirelessly”

Purity (20 flowers)
• Radiating purity “It charms and fascinates. It makes all Nature fragrant”
• Mental chastity “Precious and magnificent in its purity”
• Purity in action “When action is initiated by the Divine Will, it is pure”
• Collective purity “A very precious achievement, but difficult to obtain”

Sincerity (7 flowers)
• Birth of true mental sincerity With its birth the mind will understand that it is only an intermediary and not an end in itself”
• Seeking for clarity “Likes to say clearly what it says”
• Emotional sincerity “Does not try to falsify the emotions”
• Honesty in the physical mind “Preliminary condition indispensable for transformation”
Transparency (8 flowers)

- Transparency "Can come only as a result of perfect sincerity"
- Integral transparency "It is the result of goodwill and perfect sincerity"
- Transparency of the emotional vital "At once the condition and result of the abolition of the ego"
- Vital transparency "Indispensable for conversion"

P.S. Thanks to Mark D. for sharing a document of his work on the Gardens, including a selection of the Mother's quotes. Sharing is helpful! Whoever has any insights or materials on the topic, please, share. Hope you have learned something interesting about Youth!

VIRUS

As I woke up, and stepped out, it was whole new world.
Men, women and children were inside;
Looking out through their windows.
Out there in the orchards, there were flowers, as fresh as the moon light.
Peacocks were dancing on the black, wide and empty tar streets:
and those empty vehicles were covered with dust and leaves.

Youth

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<th>Parity</th>
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<tr>
<td>Vital sensitivity</td>
<td>Radiating parity</td>
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<td>Fragile elegance</td>
<td>Purity in action</td>
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<td>Distinction of the vital</td>
<td>Collective parity</td>
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<th>Renunciation of desires</th>
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<td>Renunciation of emotional desires</td>
<td>Mental sincerity</td>
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<td>Conquest over the vital enemies</td>
<td>Emotional sincerity</td>
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<td>Surrender of all falsehood</td>
<td>Seeking for clarity</td>
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<td>Liberation in the vital</td>
<td>Right use of the granted Grace</td>
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<th>Offering</th>
<th>Transparencies</th>
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<td>Offering of the emotions</td>
<td>Integral transparency</td>
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<td>Psychic offering</td>
<td>Psychic transparency</td>
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<td>Offering of all obstructions</td>
<td>Vital transparency</td>
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<td>Adoration</td>
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<td>Vital receptivity</td>
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<td>Will in course of uniting itself with the Divine Will</td>
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In the forest
Lions were feeling like the king of the world;
Deer were roaming as (if) it is their day of freedom;
Foxes lyric new songs,
And crocodiles were relaxing in new sun.
Cows were feeding their calves:
with none to steal their milk.
Birds were chattering in a tea shop
ants were busy making a new home
in the middle of a mud road.

Life was waking up in dead rivers;
Snow on the mountains stretching up till the clouds:
Ocean roaring as high as it wanted;
And then the dead man awoke up from his long sleep.
Realising what he had done.

Wish we could
share our homes amongst us all dwellers ...
That ants would come in one corner of house...
Deer would eat grass in an open courtyard...
Lions could again rule the wild...
Cows could play hide and seek with their calves...
Peacock could dance on the rooftops...
Squirrels could eat bread in an open kitchen...
Fishes could cross the seas, and...
children could play under these trees.
Earth could have written new poetry...

Vivek Singh
Needam - Certitude

Vivek Singh

Poem of Today

I do not need
To go anywhere
Everything is here.
You visited me
Today
I am
Anandi-a
14-4-2020

AUROVILLE IN THE TIMES OF #COVID19 - A photographic reportage by Sri Kolari in collaboration with AV Art Service
https://issuu.com/lastweekinav/docs/aurovilleincovid19time
https://youtu.be/-HVnhbxby0

Sri's presentation of photographs of Auroville at this time is part of a project that will be completed next week.
Sri Kolari is an Aurovillian photojournalist. His work is about conflict afflicted regions across Asia, Africa and South America, and covers individuals and cultural groups affected by war, poverty and prejudice. His photography focuses on a wide range of social, political and economic issues such as the struggles of seasonal migrant workers, AIDS sufferers and their families, children in India, and sex workers. His projects have been exhibited in Scotland, Croatia, Italy, France, Belgium and Cambodia as well as in many solo shows across India.
https://kolari.photoshelter.com/archive

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Compassionate Awakening - Part 2

Greetings from a place deep inside of you, from your extended family that is not readily visible to you, but always available to you. We give again a message especially for the inhabitants of Auroville, a place and a dream that is dear to us.

By now you have understood that what you are calling the ‘Coronavirus’ has a physical and a mental component. The physical component is a progression of symptoms that are a reaction to pathogen(s), changes currently happening in the world, and are influenced by pre-existing health conditions. The mental component is - the ideas being generated and perpetuated by the mass media, the social media, and the fear and panic that goes along with it.

While there may be hundreds of thousands of people affected by a pathogen and a percentage showing symptoms, there are certainly hundreds of millions of people who, by now have been affected by the mental virus, which is unfortunate, because the infection and disturbance of the mind then weakens the body and allows it to be compromised by invaders.

You are encouraged to spend your day in a way that would quiet the mind. As the thought waves subside and the dust clears in the mind-mirror, you have a greater chance of seeing reality as it is, understanding the deeper reasons for things, and keeping your immunity high :)

You are fortunate to be in a warmer area of the world where the sunshine and air can warm your body and clear your lungs. If congested, you are encouraged to keep your body, especially the chest warm by regularly doing a steam inhalation with the appropriate herbs, having soupy meals and warm teas in-between them, and avoiding air-conditioning.

Traditional cultures and their systems of medicines understood that emotions were held and processed in the body. The emotion associated with the lungs is grief. The lungs process grief and are made ill by an overloading of grief and an unresolved build-up of grief.

Most of you, who are adults, will have some unprocessed grief in the lungs and now, more than ever, is the time to bring your attention there. There is grief that is felt on an individual level, because that is how one reacted to certain events in their life, and then there is the collective grief of humans and other beings in desperate situations around the world, that flies around this planet, looking for lungs to inhabit. As receptors of energy and emotion, you may have downloaded more than you realize.

Allow yourself to breathe deeply into the lungs and feel this grief, and not to escape it by indulging in anger, anxiety or fear. As you breathe deeper into the chest, connect with your heart center for soul guidance and stability. And allow yourself to cry out the grief, to clean out the past and make way for more love and joy, for a brighter future for yourselves and the planet.

- Submitted by G

https://www.newyorker.com/magazine/2020/04/13/postcards-from-a-pandemic

GREEN MATTERS

Water Saving Tip of the Week!

Spread mulch around your garden plants. This will help retain moisture and save water, time, and money.

With love from the Water Group, helping Auroville become a water-sensitive city.

watergroup@auroville.org.in

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Talkin’ Trash (Let’s Celebrate!)

Veteran readers of N&N will fondly remember the Talkin’ Trash tidbits that came weekly for many years. Alas, for a long time we haven’t got it together again but let’s celebrate now our fabulous history when 10 years ago Auroville took a quantum leap with its one-day festival “Litter-Free Auroville.” That changed everything. A full day of events starting with a massive cleanup of the whole of Auroville with community-wide participation especially all the school children. The sports field at Ceritute had events nonstop, art exhibitions made with trash, construction displays of materials to build with trash – slabs and blocks. EcoService, Task Force for Solid Waste Management, Eco-Pro, Zero Waste Auroville and so much more became known. The Trashion Show was born and the seeds of all that we have today blossomed including the new Recenter where Upcycling, Wasteless, Ecoservice and others now have permanent homes. A whole range of projects for waste management have been implemented in our bioregion over the last ten years.

Now, in this moment of reflection provided by a global pandemic, let’s celebrate our past and renew our vision for a “city the earth needs.” We are at home now. That’s where we can each make the difference between an ordinary town and the “city of dawn.” EcoService sorts by hand what trash comes out of our homes into 83 categories so it can be recycled. Each of us is requested to begin that process by simply making sure any of our waste is CLEAN and DRY, otherwise it has to go into landfill. Then 5 categories of separation at least for easy collection and further handling: PAPER, PLASTIC, METAL, GLASS UNBROKEN, BROKEN GLASS. Another great help is to remove all tops of containers because that will have to be done by hand at the EcoService. Plastic bottle tops are not the same plastic as the bottle and glass bottles have metal or plastic tops that can’t be mixed into what is accepted for recycling. Another problem is some units are sealing paper labels into their plastic bags. Please cut the paper label out of the bag otherwise it can’t be recycled and must go to landfill. We are trying to get producers to print directly on the plastic to avoid this. Aurosoya is already printing the label on the smoked tofu bag and will soon get the regular tofu.

“Waste” can become pollution and destroy our environment, or it can be transformed into prosperity. Auroville is recycling over 70% of its solid waste but each week one truck load of waste has to be dumped in a landfill site. Everything in that truck had value but we messed it up and missed our chance. We have come a long way in ten years. It won’t take another ten years to stop that weekly truck. – B for WasteFree Auroville

CLASSES/WORKSHOPS

Somatic Movement - Online intensive for every body!
Friday 17th April to Monday 20 April (inclusive)
4.00 - 5.30 pm each day

Neuromuscular re-education (mind-body training) Workshop in the tradition of Thomas Hanna. Somatic education is a system of slow, mindful movement. It improves the function of the nervous system, creating more ease and freedom within ourselves.

Somatics teaches up to recognise and release holding patterns, resulting from pain, injury, stress or habituated posture. This work enhances any kind or exercise such as a yoga, dance sport or just moving through life. Over 4 x 90 min sessions you will learn how to release tension in the body and learn a daily practice in order to maintain better flexibility, coordination, balance and wellness, resulting in a decrease of aches and pains commonly attributed to stress, injury and aging.

Open to Aurovilians, Newcomers and LTVs, whether you are completely new to this work or want to rediscover the basics. A good understanding of English language is essential as is a commitment to attend all 4 sessions.
14 NEW MOVIES
MADE IN THE ONLINE AUROVILLE KINO KABARET
brought to you in collaboration with MMC/CP
and the Kino Auroville team

Kino Kabaret is a challenge to produce a short film within a limited timeframe. From the 4th to the 8th of April, a new Kino Kabaret took place thanks to the Kino Auroville group (a project of MMC/CP). At 4pm on the 4th April all the participants received an email with the rules of the game:

All films must:
1. take place within the home
2. contain these two objects: a sticky tape and a pressure cooker
3. be uploaded before 4pm on Wednesday 8th April 2020
4. be between 30 seconds and 6 minutes long

In 4 days, 14 videos were scripted, shot, edited and uploaded to the Auroville Kino platform. You can watch them here: https://vimeo.com/groups/kinoaurovillemonthly

Kino is a film-making movement, founded in 1999 in Montreal, that advocates the production of short-films on little to no budget, using small crews, and non-competitive collaboration. Kino Auroville is planning a second Kino Kabaret to help connect us during these isolating days.

kino@auroville.org.in

EVERYONE HAS ACCESS TO THE FOLLOWING at ANY TIME:
** The News&Notes is available FOR ALL to download ** from the Auroville website at www.auroville.org.in/contents/4186
The N&N archives are found at www.auroville.org.in/contents/186

And also on Auroville Wiki
http://wiki.auroville.org.in/wiki/News_%26_Notes

Important Information about News & Notes
Hard deadline for submissions or cancellations: Tuesday 5pm
FOR THE ISSUE to be published that SATURDAY.(though the digital version generally goes out on Thursday)

The contents of News & Notes are a reflection of the growth process of this community towards its ideals of harmony, goodwill, discipline and truth. Editing of submissions, mainly for reasons of space and clarity, is done according to an established policy.

How to submit material: Material (no pdf files, please) may be sent (in English only) to: newsandnotes@auroville.org.in.

Please do NOT send submissions and inquiries as a “Reply” to the digital subscription mail! There is NO guarantee that anyone will see communications sent this way!

Please try your best to send your announcements, reports, film schedules whenever they are ready.

Any modifications of submitted News items must be sent to the editors before Tuesday 5pm. Please do your best to submit copy that is ready for printing (i.e. Word shows you typos, extra spaces, punctuation errors, etc – don’t make us do all the work!).

We regret not being able to attend to visitors on Tuesdays and Wednesdays due to work pressure.

Articles for the Notes section should ideally be no longer than 500 words.
Visiting hours: Mondays & TH-SAT mornings 9-12
Disclaimer: The views expressed on these pages are those of their respective authors or work groups and do not represent the position of the editors or of the community as a whole. The News & Notes serves as a channel for the publication of material coming from trusted sources within Auroville. The editors cannot be held accountable for any alleged misinformation given or offence caused. In case of any dispute, the Auroville Council may be consulted and publishing of disputed material suspended.

News & Notes, Media Centre, Town Hall. Phone: 0413-2622133, email: newsandnotes@auroville.org.in

This session will be lead by Rashmi, a professional theatre facilitator and experiential educator from Bangalore.
Rashmi, aurovillearts@auroville.org.in 9448235935

Build Your Own Story

A free online (ZOOM) story-building session with Rashmi, for 9-12 year olds.
Register by filling out this form:
https://forms.gle/fQw4dPH1sRASp27A

18th April
11am

FILM

Auroville Home Cinema
organized by Laboratory of Evolution/CHU

Program and instructions how to watch:

Friday, April 17th Siberian Love

There’s little room for romance when you lead a hard, farming life but there’s still space for tenderness. Some of you might know the feeling when your parents and neighbors think they know better what’s good for your life, when should you get married etc.

Sunday, April 19th Why We Cycle

A documentary film about why cycling is a no-brainer for the Dutch and what we can all learn from it.

How does it work? Go to the film’s page on our website www.taskovskifilms.com/watch-online. Choose a film of the day - click on it - then on film page you click on Watch Online to head to Vimeo. Each film will only be streamed free of charge for 24 hours on the day it’s programmed. Access the film’s page through the link in our bio to learn more, click watch online to go to Vimeo and choose ‘Rent’. Skip the credit card details and enter the promo code. Your ticket is the code DOCSCONNECT and will be valid for all the screenings. FOR MORE INFO FOLLOW US ON: www.taskovskifilms.com; Facebook @taskovskifilmstd Instagram : taskovski_films

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Dear Residents,

Please take a few minutes to read the Guidelines for lockdown extension, as circulated by the Ministry of Home Affairs, Central Government today, 15th April, you find it attached or click the link https://auroville.org.in/article/78956

It is important to note that the new exemptions are only to come into effect after the 20th of this month, and that the states and Union Territories must abide by them as a minimum but can decide on implementing stricter measures than those outlined here. This means that before making plans to open or restart any activity listed on the basis that we are in a rural area, we must wait to know what the Tamil Nadu and Pondicherry governments decide and communicate. Containment zones will remain completely restricted.

The next week is crucial as the easing of the current lockdown measures will depend on the outcome of an assessment of the number and increase of cases in defined areas. It is very important that we all continue to respect the current conditions of the lockdown in Tamil Nadu and Pondicherry so that no cases come up here, which would most likely result in Auroville becoming a containment zone.

Thank you for your continuing patience, good will and sacrifice for the sake of our individual and collective health and safety, as well as that of our neighbors in the villages.

With best wishes,

The Working Committee and Covid-19 Task Force

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**ORDER**

Whereas, in exercise of the powers, conferred under Section 10(2)(1) of the Disaster Management Act 2005, the undersigned, in his capacity as Chairperson, National Executive Committee, has issued an Order dated 14th April, 2020 that the lockdown measures stipulated in the Consolidated Guidelines of Ministry of Home Affairs (MHA) for containment of COVID-19 epidemic in the country, will continue to remain in force upto 3rd May, 2020 to contain the spread of COVID-19 in the country;

Whereas, to mitigate hardship to the public, select additional activities will be allowed, which will come into effect from 20th April, 2020. However, these additional activities will be operationalized by States/ Union Territories (UTs)/ District Administrations based on strict compliance to the existing guidelines on lockdown measures. Before operating these relaxations, States/ UTs/ District Administrations shall ensure that all preparatory arrangements with regard to social distancing in offices, workplaces, factories and establishments, as also other sectoral requirements are in place. The consolidated revised guidelines incorporating these relaxations are enclosed;

Whereas, the consolidated revised guidelines will not apply in containment zones, as demarcated by States/ UTs/ District administrations. If any new area is included in the category of a containment zone, the activities allowed in that area till the time of its categorization as a containment zone, will be suspended except for those activities as are specifically permitted under the guidelines of Ministry of Health and Family Welfare (MoHFW), Government of India;

Whereas, in exercise of the powers, conferred under Section 10(2)(1) of the Disaster Management Act, 2005, the undersigned, in his capacity as Chairperson, National Executive Committee, hereby issues directions to all the all Ministries/ Departments of Government of India, State/Union Territory Governments and State/Union Territory Authorities for the strict implementation of enclosed consolidated revised guidelines.
Consolidated Revised Guidelines on the measures to be taken by Ministries/ Departments of Government of India, State/ UT Governments and State/ UT authorities for containment of COVID-19 in the country

[As per Ministry of Home Affairs (MHA) Order No. 40-3/2020-DM-I (A) dated 15th April, 2020]

1. With the extension of the lockdown period, the following activities will continue to remain prohibited across the country until 3rd May, 2020:
   i. All domestic and international air travel of passengers, except for purposes enumerated in para 4 (ix), and for security purposes.
   ii. All passenger movement by trains, except for security purposes.
   iii. Buses for public transport.
   iv. Metro rail services.
   v. Inter-district and inter-State movement of individuals except for medical reasons or for activities permitted under these guidelines.
   vi. All educational, training, coaching institutions etc. shall remain closed.
   vii. All industrial and commercial activities other than those specifically permitted under these guidelines.
   viii. Hospitality services other than those specifically permitted under these guidelines.
   ix. Taxis (including auto rickshaws and cycle rickshaws) and services of cab aggregators.
   x. All cinema halls, malls, shopping complexes, gymnasiums, sports complexes, swimming pools, entertainment parks, theatres, bars and auditoriums, assembly halls and similar places.
   xi. All social/ political/ sports/ entertainment/ academic/ cultural/ religious functions/ other gatherings.
   xii. All religious places/ places of worship shall be closed for public. Religious congregations are strictly prohibited.

In case of funerals, congregation of more than twenty persons will not be permitted.

2. Operation of guidelines in Hotspots and containment zones
   i. Hotspots’, i.e., areas of large COVID-19 outbreaks, or clusters with significant spread of COVID-19, will be determined as per the guidelines issued by Ministry of Health and Family Welfare (MoHFW), Government of India (Gol).
   ii. In these hotspots, containment zones will be demarcated by States/ UTs/ District administrations as per the guidelines of MoHFW.
   iii. In these containment zones, the activities allowed under these guidelines will not be permitted. There shall be strict perimeter control in the area of the containment zones to ensure that there is no unchecked inward/ outward movement of population from these zones except for maintaining essential services (including medical emergencies and law and order related duties) and Government business continuity. The guidelines issued in this regard by MoHFW will be strictly implemented by State/ UT Governments and the local district authorities.

3. Select permitted activities allowed with effect from 20th May, 2020:
   i. To mitigate hardship to the public, select additional activities have been allowed which will come into effect from 20th April, 2020. These limited exemptions will be operationalized by States/ UTs/ district administrations based on strict compliance to the existing guidelines. Also, before allowing these select additional activities, States/ UTs/ district administrations shall ensure that all preparatory arrangements with regard to the Standard Operating Procedures (SOPs) for social distancing in offices, workplaces, factories and establishments, as also other sectoral requirements are in place.
   ii. The consolidated revised guidelines incorporating these select permitted activities have been enumerated in paras 5-20 below.

4. Strict enforcement of the lockdown guidelines
   i. State/ UT Governments shall not dilute these guidelines issued under the Disaster Management Act, 2005, in any manner, and shall strictly enforce the same.
   ii. State/ UT Governments, may, however, impose stricter measures than these guidelines as per requirement of the local areas.

5. All health services (including AYUSH) to remain functional, such as:
   i. Hospitals, nursing homes, clinics, telemedicine facilities.
   ii. Dispensaries, chemists, pharmacies, all kinds of medicine shops including Jan Aushadhi Kendras and medical equipment shops.
   iii. Medical laboratories and collection centres.
   iv. Pharmaceutical and medical research labs, institutions carrying out COVID-19 related research.
   v. Veterinary Hospitals, dispensaries, clinics, pathology labs, sale and supply of vaccine and medicine.
   vi. Authorised private establishments, which support the provisioning of essential services, or efforts for containment of COVID-19, including home care providers, diagnostics, supply chain firms serving hospitals.
   vii. Manufacturing units of drugs, pharmaceuticals, medical devices, medical oxygen, their packaging material, raw material and intermediates.
   viii. Construction of medical/ health infrastructure including manufacture of ambulances.
   ix. Movement (inter and intra State, including by air) of all medical and veterinary personnel, scientists, nurses, para-medical staff, lab technicians, mid-wives and other hospital support services, including ambulances.

6. Agricultural and related activities:
   A. All agricultural and horticultural activities to remain fully functional, such as:
      i. Farming operations by farmers and farm workers in field.
      ii. Agencies engaged in procurement of agriculture products, including MSP operations.
      iii. Mandis’ operated by the Agriculture Produce Market Committee (APMC) or as notified by the State/ UT Government (e.g., satellite mandis). Direct marketing operations by the State/ UT Government or by industry, directly from farmers/ group of farmers, FPOs’ co-operatives etc. States/ UTs may promote decentralized marketing and procurement at village level.
      iv. Shops of agriculture machinery, its spare parts (including its supply chain) and repairs to remain open.
      v. Custom Hiring Centres (CHC) related to farm machinery.
      vi. Manufacturing, distribution and retail of fertilizers, pesticides and seeds.
      vii. Movement (inter and intra State) of harvesting and sowing related machines like combined harvester and other agriculture/ horticulture implements. B. Fisheries - the following activities will be functional:
         i. Operations of the fishing (marine and inland)/ aquaculture industry, including feeding & maintenance, harvesting, processing, packaging, cold chain, sale and marketing.
         ii. Hatcheries, feed plants, commercial aquaria.
         iii. Movement of fish/ shrimp and fish products, fish seed/ feed and workers for all these activities.
   c. Plantations - the following activities will be functional:
      i. Operations of tea, coffee and rubber plantations, with maximum of 50% workers.
      ii. Processing, packaging, sale and marketing of tea, coffee, rubber and cashew, with maximum of 50% workers.
D. Animal husbandry — the following activities will be functional:
   i. Collection, processing, distribution and sale of milk and milk products by milk processing plants, including transport and supply chain.
   ii. Operation of animal husbandry farms including poultry farms & hatcheries and livestock farming activity.
   iii. Animal feed manufacturing and feed plants, including supply of raw material, such as maize and soya.
   iv. Operation of animal shelter homes, including Gaushalas.

7. Financial sector: following to remain functional:
   i. Reserve Bank of India (RBI) and RBI regulated financial markets and entities like NPCI, CCIL, payment system operators and stand-alone primary dealers.
   ii. Bank branches and ATMs, IT vendors for banking operations, Banking Correspondents (BCS), ATM operation and cash management agencies.
      a. Bank branches be allowed to work as per normal working hours till disbursement of DBT cash transfers is complete.
      b. Local administration to provide adequate security personnel at bank branches and BCs to maintain social distancing, law and order and staggering of account holders.
   iii. SEBI, and capital and debt market services as notified by the Securities and Exchange Board of India (SEBI). iv. IRDAI and Insurance companies.

8. Social sector: following to remain functional:
   i. Operation of homes for children/ disabled/ mentally challenged/ senior citizens/ destitutes/ women/ widows.
   ii. Observation homes, after care homes and places of safety for juveniles.
   iii. Disbursement of social security pensions, e.g., old age/ widow/ freedom fighter pensions; pension and provident fund services provided by Employees Provident Fund Organisation (EPFO).
   iv. Operation of Anganwadis — distribution of food items and nutrition once in 15 days at the doorsteps of beneficiaries, e.g., children, women and lactating mothers. Beneficiaries will not attend the Anganwadis.

9. Online teaching/ distance learning to be encouraged:
   i. All educational, training, coaching institutions etc. shall remain closed.
   ii. However, these establishments are expected to maintain the academic schedule through online teaching.
   iii. Maximum use of Doordarshan (DD) and other educational channels may be made for teaching purposes.

10. MNREGA works to be allowed:
    i. MNREGA works are allowed with strict implementation of social distancing and face mask.
    ii. Priority to be given under MNREGA to irrigation and water conservation works.
    iii. Other Central and State sector schemes in irrigation and water conservation sectors may also be allowed to be implemented and suitably dovetailed with MNREGA works.

11. Public utilities: following to remain functional:
    i. Operations of Oil and Gas sector, including refining, transportation, distribution, storage and retail of products, e.g., petrol, diesel, kerosene, CNG, LPG, PNG etc.
    ii. Generation, transmission and distribution of power at Central and State/ UT levels.
    iii. Postal services, including post offices.
    iv. Operations of utilities in water, sanitation and waste management sectors, at municipal/ local body levels in States and UTs.
    v. Operation of utilities providing telecommunications and internet services.
    vi. All goods traffic will be allowed to ply.

12. Movement, loading/ unloading of goods/ cargo (inter and Intra State) is allowed, as under:
    i. Operations of Railways: Transportation of goods and parcel trains.
    ii. Operations of Airports and related facilities for air transport for cargo movement, relief and evacuation.
    iii. Operations of Seaports and Inland Container Depots (ICDs) for cargo transport, including authorized custom clearing and forwarding agents.
    iv. Operations of Land Ports for cross land border transportation of essential goods, including petroleum products and LPG, food products, medical supplies.
    v. Movement of all trucks and other goods/ carrier vehicles with two drivers and one helper subject to the driver carrying a valid driving license; an empty truck/ vehicle will be allowed to ply after the delivery of goods, or for pick up of goods.
    vi. Shops for truck repairs and dhabas on highways, with a stipulated minimum distance as prescribed by the State/ UT authorities.
    vii. Movement of staff and contractual labour for operations of railways, airports/ air carriers, seaports/ ships/ vessels, landports and ICDs is allowed on passes being issued by the local authority on the basis of authorizations issued by the respective designated authority of the railways, airports, seaports, landports and ICDs.

13. Supply of essential goods is allowed, as under:
    i. All facilities in the supply chain of essential goods, whether involved in manufacturing, wholesale or retail of such goods through local stores, large brick and mortar stores or e-Commerce companies should be allowed to operate, ensuring strict social distancing without any restriction on their timing of opening and closure.
    ii. Shops (including kirana and single shops selling essential goods) and carts, including ration shops (under PDS), dealing with food and groceries (for daily use), hygiene items, fruits and vegetables, dairy and milk booths, poultry, meat and fish, animal feed and fodder etc. should be allowed to operate, ensuring strict social distancing without any restriction on their timing of opening and closure.
    iii. District authorities may encourage and facilitate home delivery to minimize the movement of individuals outside their homes.

14. Commercial and private establishments, as listed below, will be allowed to operate:
    i. Print and electronic media including broadcasting, DTH and cable services.
    ii. IT and IT enabled Services, with upto 50% strength.
    iii. Data and call centres for Government activities only.
    iv. Government approved Common Service Centres (CSCs) at Gram Panchayat level.
    v. E-commerce companies. Vehicles used by e-commerce operators will be allowed to ply with necessary permissions.
    vi. Courier services.
15. Industries/ Industrial Establishments (both Government and private), as listed below, will be allowed to operate:

i. Industries operating in rural areas, i.e., outside the limits of municipal corporations and municipalities.

ii. Manufacturing and other industrial establishments with access control in Special Economic Zones (SEZs) and Export Oriented Units (EOUs), industrial estates, and industrial townships. These establishments shall make arrangements for stay of workers within their premises as far as possible and/or adjacent buildings and for implementation of the Standard operating protocol (SOP) as referred to in para 21 (ii) below. The transportation of workers to work place shall be arranged by the employers in dedicated transport by ensuring social distancing.

iii. Manufacturing units of essential goods, including drugs, pharmaceuticals, medical devices, their raw material and intermediates.

iv. Food processing industries in rural areas, i.e., outside the limits of municipal corporations and municipalities.

v. Production units, which require continuous process, and their supply chain.

vi. Manufacturing of IT hardware.

vii. Coal production, mines and mineral production, their transportation, supply of explosives and activities incidental to mining operations.

viii. Manufacturing units of packaging material.

ix. Jute industries with staggered shifts and social distancing.

x. Oil and gas exploration/ refinery.

xi. Brick kilns in rural areas i.e., outside the limits of municipal corporations and municipalities.

16. Construction activities, listed as below, will be allowed to operate:

i. Construction of roads, irrigation projects, buildings and all kinds of industrial projects, including MSMEs, in rural areas, i.e., outside the limits of municipal corporations and municipalities; and all kinds of projects in industrial estates.

ii. Construction of renewable energy projects.

iii. Construction of works in construction projects, within the limits of municipal corporations and municipalities, where workers are available on site and no workers are required to be brought in from outside (in situ construction).

17. Movement of persons is allowed in the following cases:

i. Private vehicles for emergency services, including medical and veterinary care, and for procuring essential commodities. In such cases, one passenger besides the private vehicle driver can be permitted in the backseat, in case of four-wheelers; however, in case of two-wheelers, only the driver of the vehicle is to be permitted.

ii. All personnel travelling to place of work and back in the exempted categories, as per the instructions of the State/ UT local authority.

18. Offices of the Government of India, its Autonomous/ Subordinate Offices will remain open, as mentioned below:

i. Defence, Central Armed Police Forces, Health and Family Welfare, Disaster management and Early Warning Agencies (IMD, INCOIS, SASE and National Centre of Seismology, CWC), National Informatics Centre (NIC), Food Corporation of India (FCI), NCC, Nehru Yuva Kendras (NYKs) and Customs to function without any restriction.

ii. Other Ministries and Departments, and offices under their control, are to function with 100% attendance of Deputy Secretary and levels above that. Remaining officers and staff to attend up to 33% as per requirement.

19. Offices of the State/ Union Territory Governments, their Autonomous Bodies and Local Governments will remain open, as mentioned below:

i. Police, home guards, civil defence, fire and emergency services, disaster management, prisons and municipal services will function without any restrictions.

ii. All other Departments of State/ UT Governments to work with restricted staff. Group 'A' and 'B' officers may attend as required. Group 'C' and levels below that may attend up to 33% of strength, as per requirement to ensure social distancing. However, delivery of public services shall be ensured, and necessary staff will be deployed for such purpose.

iii. District administration and Treasury (including field offices of the Accountant General) will function with restricted staff. However, delivery of public services shall be ensured, and necessary staff will be deployed for such purpose.

iv. Resident Commissioner of States/ UTs, in New Delhi, only to the extent of coordinating COVID-19 related activities and internal kitchen operations.

v. Forest offices: staff/ workers required to operate and maintain zoo, nurseries, wildlife, fire-fighting in forests, watering plantations, patrolling and their necessary transport movement.

20. Persons to remain under mandatory quarantine, as under:

i. All such persons who have been directed by health care personnel to remain under strict home/ institutional quarantine for a period as decided by local Health Authorities.

ii. Persons violating quarantine will be liable to legal action under Section 188 of the pc, 1860.

iii. Quarantined persons, who have arrived in India after 15.2.2020, after expiry of their quarantine period and being tested Covid-19 negative, will be released following the protocol prescribed in the SOP issued by MHA.

21. Instructions for enforcement of above lockdown measures:

i. All the district magistrates shall strictly enforce the National COVID 19 directives as specified in Annexure I. Penalties prescribed shall be levied and collected from all persons and entities violating these directives.

ii. All industrial and commercial establishments, work places, offices etc. shall put in place arrangements for implementation of SOP as in Annexure II before starting their functioning.

iii. In order to implement these containment measures, the District Magistrate will deploy Executive Magistrates as Incident Commanders in the respective local jurisdictions. The Incident Commander will be responsible for the overall implementation of these measures in their respective jurisdictions. All other line department officials in the specified area will work under the directions of such incident commander. The Incident Commander will issue passes for enabling essential movements as explained.
iv. The Incident Commanders will in particular ensure that all efforts for mobilization of resources, workers and material for augmentation and expansion of hospital infrastructure shall continue without any hindrance.

v. Additional activities permitted in these guidelines shall be implemented in a phased manner, after making all arrangements necessary for strict implementation of the guidelines. These will come into force with effect from 20th April, 2020.

22. Penal provisions
Any person violating these lockdown measures will be liable to be proceeded against as per the provisions of Section 51 to 60 of the Disaster Management Act, 2005, besides legal action under Sec. 188 of the IPC, and other legal provisions as applicable. Extracts of these penal provisions are at Annexure III.

National Directives for COVID-19 Management

The National Directives shall be enforced by the District Magistrate through fines and penal action as prescribed in the Disaster Management Act 2005.

PUBLIC SPACES
1. Wearing of face cover is compulsory in all public places, work places.
2. All persons in charge of public places, work places and transport shall ensure social distancing as per the guidelines issued by Ministry of Health and Family Welfare.
3. No organization /manager of public place shall allow gathering of 5 or more persons
4. Gatherings such as marriages and funerals shall remain regulated by the District Magistrate.
5. Spitting in public spaces shall be punishable with fine.
6. There should be strict ban on sale of liquor, gutka, tobacco etc. and spitting should be strictly prohibited.

WORK SPACES
7. All work places shall have adequate arrangements for temperature screening and provide sanitizers at convenient places.
8. Work places shall have a gap of one hour between shifts and will stagger the lunch breaks of staff, to ensure social distancing.
9. Persons above 65 years of age and persons with co-morbidities and parents of children below the age of 5 may be encouraged to work from home.
10. Use of Arogya setu will be encouraged for all employees both private and public.
11. All organizations shall sanitize their work places between shifts.
12. Large meetings to be prohibited.

MANUFACTURING ESTABLISHMENTS
13. Frequent cleaning of common surfaces and mandatory hand washing shall be mandated.
14. No overlap of shifts and staggered lunch with social distancing in
15. Intensive communication and training on good hygiene practices shall be taken up.

Standard Operating Procedure for Social Distancing for Offices, Workplace, Factories and Establishments

The following measures shall be implemented by all offices, factories and other establishments:
1. All areas in the premises including the following shall be disinfected completely using user friendly disinfectant mediums:
   a. Entrance Gate of building, office etc.
   b. Cafeteria and canteens.
   c. Meeting room, Conference halls/ open areas available/ verandah/ entrance gate of site, bunkers, porta cabins, building etc.
   d. Equipment and lifts.
   e. Washroom, toilet, sink; water points etc.
   f. Walls/ all other surfaces
2. For workers coming from outside, special transportation facility will be arranged without any dependency on the public transport system. These vehicles should be allowed to work only with 30-40% passenger capacity.
3. All vehicles and machinery entering the premise should be disinfected by spray mandatorily.
4. Mandatory thermal scanning of everyone entering and exiting the work place to be done.
5. Medical insurance for the workers to be made mandatory.
6. Provision for hand wash & sanitizer preferably with touch free mechanism will be made at all entry and exit points and common areas. Sufficient quantities of all the items should be available.
7. Work places shall have a gap of one hour between shifts and will stagger the lunch breaks of staff, to ensure social distancing.
8. Large gatherings or meetings of 10 or more people to be discouraged. Seating at least 6 feet away from others on job sites and in gatherings, meetings and training sessions.
9. Not more than 2/4 persons (depending on size) will be allowed to travel in lifts or hoists.
10. Use of staircase for climbing should be encouraged.
11. There should be strict ban of gutka, tobacco etc. and spitting should be strictly prohibited.
12. There should be total ban on non-essential visitors at sites.
13. Hospitals/clinics in the nearby areas, which are authorized to treat COVID-19 patients, should be identified and list should be available at work place all the times.
Section 51 50 of the Disaster Management Act, 2005

51. Punishment for obstruction, etc.—Whoever, without reasonable cause
(a) obstructs any officer or employee of the Central Government or the State Government, or a person authorised by the National Authority or State Authority or District Authority in the discharge of his functions under this Act; or
(b) refuses to comply with any direction given by or on behalf of the Central Government or the State Government or the National Executive Committee or the State Executive Committee or the District Authority under this Act,
shall on conviction be punishable with imprisonment for a term which may extend to one year or with fine, or with both, and if such obstruction or refusal to comply with directions results in loss of lives or imminent danger thereof, shall on conviction be punishable with imprisonment for a term which may extend to two years.

52. Punishment for false claim.—Whoever knowingly makes a claim which he knows or has reason to believe to be false for obtaining any relief, assistance, repair, reconstruction or other benefits consequent to disaster from any officer of the Central Government, the State Government, the National Authority, the State Authority or the District Authority, shall, on conviction be punishable with imprisonment for a term which may extend to two years, and also with fine.

53. Punishment for misappropriation of money or materials, etc.—Whoever, being entrusted with any money or materials, or otherwise being, in custody of, or dominion over, any money or goods, meant for providing relief in any threatening disaster situation or disaster, misappropriates or appropriates for his own use or disposes of such money or materials or any part thereof or wilfully compels any other person so to do, shall on conviction be punishable with imprisonment for a term which may extend to two years, and also with fine.

54. Punishment for false warning.—Whoever makes or circulates a false alarm or warning as to disaster or its severity or magnitude, leading to panic, shall on conviction, be punishable with imprisonment which may extend to one year or with fine.

55. Offences by Departments of the Government.—(i) Where an offence under this Act has been committed by any Department of the Government, the head of the Department shall be deemed to be guilty of the offence and shall be liable to be proceeded against and punished accordingly unless he proves that the offence was committed without his knowledge or that he exercised all due diligence to prevent the commission of such offence.

(2) Notwithstanding anything contained in sub-section (1), where an offence under this Act has been committed by a Department of the Government and it is proved that the offence has been committed with the consent or connivance of, or is attributable to any neglect on the part of, any officer, other than the head of the Department, such officer shall be deemed to be guilty of that offence and shall be liable to be proceeded against and punished accordingly.

56. Failure of officer in duty or his connivance at the contravention of the provisions of this Act.—Any officer, on whom any duty has been imposed by or under this Act and who ceases or refuses to perform or withdraws himself from the duties of his office shall, unless he has obtained the express written permission of his official superior or has other lawful excuse for so doing, be punishable with imprisonment for a term which may extend to one year or with fine.

57. Penalty for contravention of any order regarding requisitioning.—If any person contravenes any order made under section 65, he shall be punishable with imprisonment for a term which may extend to one year or with fine or with both.

58. Offence by companies.—(i) Where an offence under this Act has been committed by a company or body corporate, every person who at the time the offence was committed, was in charge of, and was responsible to, the company, for the conduct of the business of the company, as well as the company, 25 shall be deemed to be guilty of the contravention and shall be liable to be proceeded against and punished accordingly: Provided that nothing in this sub-section shall render any such person liable to any punishment provided in this Act, if he proves that the offence was committed without his knowledge or that he exercised due diligence to prevent the commission of such offence. (2) Notwithstanding anything contained in subsection (1), where an offence under this Act has been committed by a company, and it is proved that the offence was committed with the consent or connivance of or is attributable to any neglect on the part of any director, manager, secretary or other officer of the company, such director, manager, secretary or other officer shall also, be deemed to be guilty of that offence and shall be liable to be proceeded against and punished accordingly.

Explanation.—For the purpose of this section— (a) “company” means any body corporate and includes a firm or other association of individuals; and (b) “director”, in relation to a firm, means a partner in the firm.

59. Previous sanction for prosecution.—No prosecution for offences punishable under sections 55 and 56 shall be instituted except with the previous sanction of the Central Government or the State Government, as the case may be, or of any officer authorised in this behalf, by general or special order, by such Government.

60. Cognizance of offences.—No court shall take cognizance of an offence under this Act except on a complaint made by— (a) the National Authority, the State Authority, the Central Government, the State Government, the District Authority or any other authority or officer authorised in this behalf by that Authority or Government, as the case may be; or (b) any person who has given notice of not less than thirty days in the manner prescribed, of the alleged offence and his intention to make a complaint to the National Authority, the State Authority, the Central Government, the State Government, the District Authority or any other authority or officer authorised aforesaid.

Segtipm188 in the Indian Penal Code
188. Disobedience to order duly promulgated by public servant.—Whoever, knowing that, by an order promulgated by a public servant lawfully empowered to promulgate such order, he is directed to abstain from a certain act, or to take certain order with certain property in his possession or under his management, disobeys such direction, shall, if such disobedience causes or tends to cause obstruction, annoyance or injury, or risk of obstruction, annoyance or injury, to any person lawfully employed, be punished with simple imprisonment for a term which may extend to one month or with fine which may extend to two hundred rupees, or with both; and if such disobedience causes or tends to cause danger to human life, health or safety, or causes or tends to cause a riot or affray, shall be punishable with imprisonment of either description for a term which may extend to six months, or with fine which may extend to one thousand rupees, or with both.

Explanation: It is not necessary that the offender should intend to produce harm, or contemplate his disobedience as likely to produce harm. It is sufficient that he knows of the order which he disobeys, and that his disobedience produces, or is likely to produce, harm.
Illustration: An order is promulgated by a public servant lawfully empowered to promulgate such order, directing that a religious procession shall not pass down a certain street. A knowingly disobeys the order, and thereby causes danger of riot. A has committed the offence defined in this section.